



PACE

(PROGRESSIVE ADULT CONGENITAL EXPERIENCE)

RETREAT

MAY 26th-29th, 2017

Memorial day Weekend Retreat

Join us for a weekend-long retreat in the foothills of Glendale, CA. The retreat includes all meals, sleeping arrangements, teambuilding activities, and self-led workshops for young adults with Congenital Heart Disease.

Come be a part of this community as we share the skills that help us lead healthy and independent lives with CHD.



**A community of
18-25 year olds
with CHD**

4 Days / 3 Nights

**Team Building
Leadership
Workshops**

**Camp Max Straus
Glendale, CA**

**Applications Open in
January!
Campdelcorazon.org**

**QUESTIONS?
CONTACT US.**

PACE@campdelcorazon.org

(818) 754-0312

Is PACE Right For Me?

Are you...

18-25 years old? (As of May 26th, 2017.)

Do you have some form of Congenital Heart Disease?

Available May 26th-29th 2017?

Independently manage your own medication, diet, and schedule?

Physically able to walk 100 yards unassisted, without fatigue?

Comfortable with sharing a cabin with 7-10 peers of the same gender?

FAQs

What does "PACE" stand for?

Progressive Adult Cardiac Experience.

What is PACE?

A group of young adults, 18-25, brought together by CHD. It is a place to connect with your peers on our weekend retreat, during events throughout the year, and through Facebook and social media.

Where is the retreat?

Camp Max Straus, Glendale, CA.

Am I responsible for transportation?

Yes, transportation to and from PACE events is your responsibility.

How much do PACE events cost?

We try to keep events affordable. This year for the PACE retreat we are charging a \$30 registration fee.

What is the schedule?

5pm Friday - 12pm on Monday

What will I be doing?

Professionally-led outdoor teambuilding games, group discussions with your peers on topics related to your lives with and without CHD, networking with your CHD community, and MORE!

How will I benefit from PACE?

This experience can be a huge resource for you professionally as well as personally. Show up ready to welcome the opportunity to be open and share with your peers.

What Now?

Fill out an application for PACE at www.campdelcorazon.org (Under the "Programs" tab.)

Contact Penny Lane at PACE@campdelcorazon.org with any questions.

Come to the PACE retreat and have some fun!

Volunteer at other Camp del Corazon and PACE events (optional, see website for details)

Connect with us on Facebook!