



SAN LUIS OBISPO, CA SURF RETREAT

March 4-10, 2019

Learn to surf from the pros! No experience necessary and all injury levels welcome.



Tentative Schedule

March 4- Travel Day

March 5-8 Yoga and Surfing with Operation Surf

March 9 Relax and Unwind with Operation Healing Forces

March 10- Travel Day

www.operationhealingforces.org

DETAILS

WHO

4 SOF COUPLES

WHAT

Accommodations include private room and bath at the Dolphin Bay Resort. All expenses are covered including travel, activities and meals.

WHEN

March 4-10

HOW

Contact your Care Coalition advocate or Jeff.Hudson@ophf.org

FAQS

- No therapy sessions
- Participation in scheduled activities is not required
- Retreat Coordinators are Retired SOF