

Dear Friend,

You're invited to attend our 2nd Annual VWD Retreat for girls who have a bleeding disorder up to 18 years old and their mothers. The retreat will take place May 20-22 in Hocking Hills, OH. We've got full run of a couple of monstrous log cabins (or log mansions as I like to call them) and we've managed to not only include an action-packed agenda but incorporated a relaxing component to the retreat as well.

So what's in it for you? First, it's just a lot of fun! We're going to get massages, go horseback riding, jump in the hot tub, and possibly go zip lining.... and these are just a few of the many things we'll do. Second, you're going to come away from the weekend with a better idea of what your next step in life should be no matter what age category you fall into. Finally, and I think most importantly, you're going to walk away having made some seriously good friends who know what it's like to be you. Having done several retreats now, it's clear to me that the best outcome of these weekends is the ongoing relationships between the people that attended the retreat together. I see them talking on Facebook to each other all the time!

Registration is limited, so don't delay in sending back your registration form. Also, please know that there will be no out-of-pocket expenses you'll have to incur over the weekend. You just have to get yourself here.

If you have any questions, comments, or concerns, don't hesitate to contact our office at (614) 429-2120 or e-mail me at [ralexander@hemophilia.org](mailto:ralexander@hemophilia.org).

Sincerely,

Robert E. Alexander  
Executive Director

2011 VWD Retreat Agenda (Subject to Change)

**Friday**  
May 20, 2011

**5:00 – 6:00 PM**

Arrive & unpack (go to Buffalo Falls lodge to get room assignment)

**6:00 PM**

Introductions and Icebreakers

**6:30 PM**

Dinner

**7:30 PM**

Free Time: This is a great time to use the hot tub, have a bon-fire, play a game, or to have a drink with your new friends

**Saturday**  
May 21, 2011

**8:00 AM**

Hiking at Cantwell Cliffs (optional)

**9:30 AM**

Breakfast served in each cabin

**10:15 AM**

Experience Sharing: What Comes Next? (Adults & Kids)  
Experience Sharing: Psycho-Social Issues (Teens)

**11:30 AM**

Medical Q&A w/ the Experts

**12:30 PM**

Lunch

**1:30 PM**

Yoga and Massage (Adults)  
Horseback Riding (Kids)

**6:00 PM**

Dinner

**7:00 PM**

Your Next Step

**8:00 PM**

Letting loose, Having fun, Relaxing, etc.

**Sunday**  
May 22, 2011

**8:00 AM**

Hiking at Cantwell Cliffs (optional)

**9:30 AM**

Breakfast served in each cabin

**11:00 AM**

Check out of your lodge

**11:30 AM**

Optional trip to:  
Zipline Canopy Tour's "Super Zip"

## 2011 VWD Retreat

### **What to bring:**

- YOUR CLOTTING FACTOR
- Warm clothes and old shoes (for hiking & outdoor activities)
- Swimming suits for the hot tub
- Personal toiletries
- Unusual snacks and/or drinks that you can't live without (we will be providing a wide variety of more common snacks and beverages)
- Cameras and/or camcorders

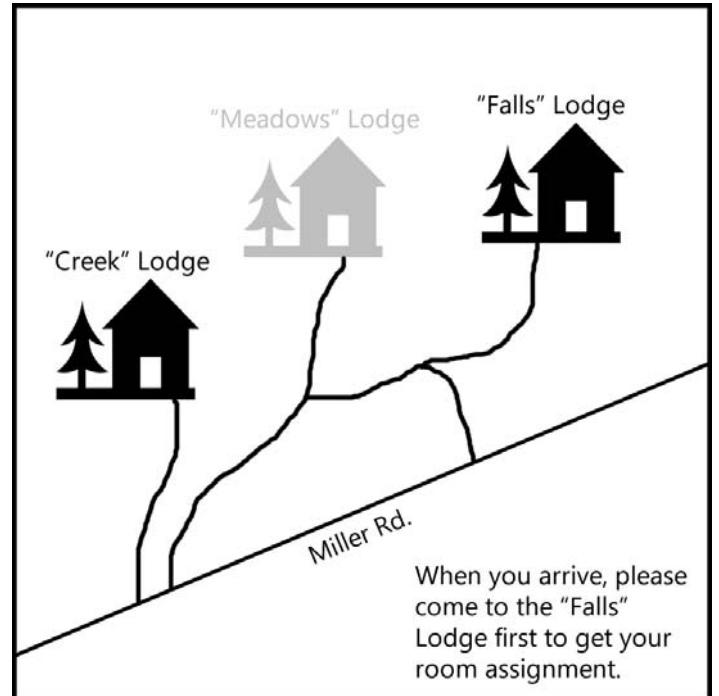
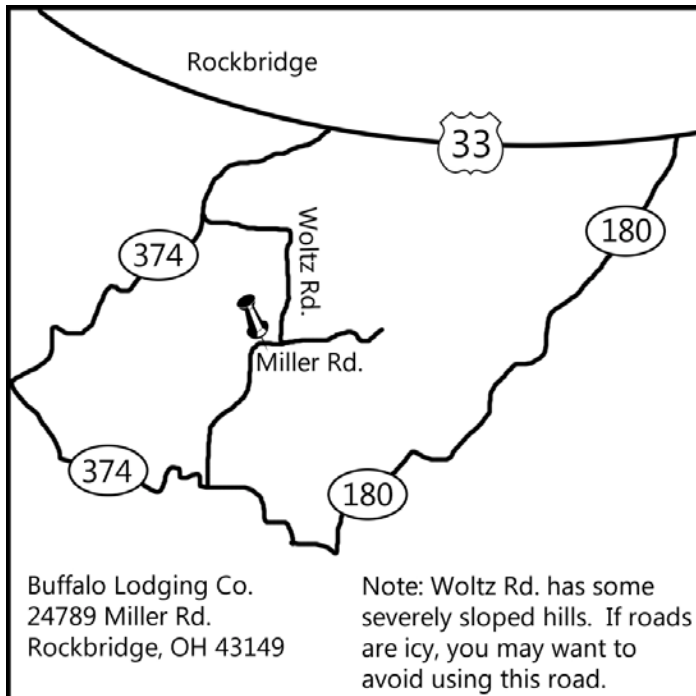
### **What not to bring** (because we're bringing it, the retreat site already has it, or it is prohibited):

- Air mattresses
- Bed linens, blankets, and pillows
- Bath and hot tub towels
- Laptop computers with Internet access
- Alcohol, tobacco, or weapons

### Some of the **games and activities** we have planned include (but are subject to change):

- Massage
- Horseback Riding
- Cornhole
- Card games
- Billiards
- Foosball
- Zip-lining
- Hiking
- Bonfire
- Arts & Crafts
- Video games/movies
- Volleyball

## Directions to the Retreat



### From Columbus:

- Take I-70 or I-270 to 33 East (toward Lancaster)
- Take 33 East all the way into the town of Rockbridge
- Turn right on Rt. 374.
- Turn left on Woltz Rd.
- Turn right on Miller Rd.
- Cabins will be on the left side of the road not long after turning on Miller.

Note: There will be directional signs once you get off the highway that will guide you to the cabin

# Buffalo Lodging Company

[www.buffalolodgingcompany.com](http://www.buffalolodgingcompany.com)

*“Home of the NHF Weekend Retreat Program”*

Three 5,000 Square Foot Cabins  
Billiards/Game Rooms  
Media Rooms with 106” screens  
In-ground pools  
Hot tubs

Flat-screen TVs with DirecTV  
Fire pits & volleyball court  
Handicap Accessible  
Huge indoor & outdoor common areas  
Brand-new construction



# Bedroom Options



## Double - Standard

- 2 queen beds
- Availability: 6 rooms

## Double - Extended

- Perfect for large families
- 2 queen beds
- Room for extra mattresses & cribs
- Private bathroom
- Availability: 2 rooms



## Triple

- 2 Queen Beds
- 1 futon (folds out into 3rd bed)
- Availability: 1 room

## King

- 1 King Bed
- 1 w/ private bathroom
- 1 w/ private deck
- Availability: 4 rooms



Saturday afternoon spa session provided by:

Blue Valley Massage  
[www.bluevalleymassage.com](http://www.bluevalleymassage.com)



For moms that want to participate,  
you will get to take part in a:

**30-minute massage**  
**1-hour yoga class**



The VWD Retreat is generously sponsored by:

# CSL Behring

**Julie Lacey**

Manager of Coagulation Products

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