

3 GOALS

The ultimate goal is to help people get their lives back and reconnect with their family and friends through teamwork, self-discipline, exercise, nutrition and sharing positive experiences.

We have designed a program of activities and adventure for our guests to push personal limits, break down barriers, and reestablish a relationship not only with nature, but also with themselves.

These experiences will provide our campers with the tools to cope with everyday struggles, and teach them about problem solving strategies, setting new goals and the importance of daily routines.

