



Adventures Within for Multiple Sclerosis

February 22-26, 2020

Breckenridge Outdoor Education Center (BOEC) hosts this winter retreat specifically designed for adults living with Multiple Sclerosis (MS). The retreat provides a unique, supported, outdoor experience including three (3) days of adaptive skiing on the slopes of Breckenridge Ski Resort.

Based out of BOEC's Scott Griffith Lodge, activities include three (3) full days of Alpine and/or Nordic skiing & snowboarding, as well as stretching and movement exercises. All activities are customized to the interests and abilities of the participants to create a more welcoming and rewarding experience while immersed in the natural beauty and serenity of the Rocky Mountains.

Included in the cost is all lodging, meals, ski/snowboard instruction, equipment, lift tickets, and 24-hour staff support. Evenings at the Griffith Lodge are ideal for sharing stories, expressing joys, and sharing valuable insights with the other participants and staff. Attendees are encouraged to bring a spouse, friend or other guest who can provide them with support and companionship.

Cost for attendees is \$950 per person; \$500 for family, friends, and caretakers
Scholarships may be available!



Schedule of Events

Day 1: 1:00-2:00pm: Arrival and getting acquainted.

Day 2: Full day ski/ride at BOEC Adaptive Ski & Snowboard School at Breckenridge Ski Resort.

Day 3: Full day ski/ride at BOEC Adaptive Ski & Snowboard School at Breckenridge Ski Resort.

Day 4: Full day ski/ride at BOEC Adaptive Ski & Snowboard School at Breckenridge Ski Resort.

Day 5: Breakfast. Depart BOEC at 10:00am.

