

**Proof of COVID Vaccination will be required.**

We appreciate your understanding and cooperation to ensure the safety and health of all Retreaters.

**Minimum Functional and Fitness Capabilities.** Before completing the **Application Form** on our website, please assess and confirm your ability to complete the following tasks, without assistance:

- a. Get up and down / to and from the floor,
- b. Walk for 60 minutes,
- c. Participate in both indoor and outdoor exercises with minimal assistance,
- d. Tolerate 3 hours of exercise within a 5-hour period,
- e. Follow instructions, schedules, and directions from staff/volunteers,
- f. Accomplish activities of daily living, and
- g. Navigate the resort.

## Application Process

**Step 1: Application Form.**

Register at [www.pwr4life.org/retreat](http://www.pwr4life.org/retreat) using our secure online **Application Form**. Once the Application Form is submitted, you will automatically be prompted to complete Step 2.

**Step 2: Release & Hold Harmless.**

All Participants must sign a **Release & Hold Harmless** agreement as a condition of participating in the PWR! Retreat. The Release form immediately follows the Application Form in Step 1.

**Step 3: COVID Vaccination.**

All Retreat participants and volunteers must provide proof of COVID vaccination. You may upload a photo/copy of your vaccination card to our website immediately after Step 2, or you may fax it to us.

**Step 4: Physician's Release.**

Persons with Parkinson Disease ("PD") must submit our **Physician's Release** form signed by your movement disorders physician, neurologist, or primary care physician. You may download the form from our website, and it will also be emailed to you. Your physician may fax the form directly back to PWR! at 1-888-780-0154.

**Step 5: Virtual Interview.**

After you have completed Steps 1-4, one of our team members will conduct a **Virtual Interview** with you to screen you for the Retreat. If the Retreat is not a good fit for you, we may recommend an alternative program or service that would better meet your individual needs and ability level.

**Step 6: Payment.**

Once a PWR! team member has approved you for the Retreat, you will be issued an **Authorization Code** which you will use to complete payment on our website. \*

\* Please note: your spot is not confirmed until payment has been received.