

What is a Trek?

A long journey through hidden valleys where there are few, if any, trails. A trek involves days of hard work, adventure and discovery.

Who Are You?

Who Do You Want To Be?

These two questions form the basis of our very existence. Every decision we make, every emotion we feel, the very way we view the world around us comes down to how we see ourselves!

This Spring, we will be focusing on a very special person: You! Everyone, no matter who they are, has room to grow. But this doesn't happen by accident; it takes time and needs effort to bring about lasting changes.

Join us for a weekend of discovery! Learn new ways to communicate, to share openly and honestly and to appreciate everyone's unique gifts and abilities!

Be The Best "You" You Can Be!



A Journey Toward Restoration And Renewal

info@thetrek.org

The Trek at Crescent Lake
2750 Bible Camp Road Suite 3
Rhineland, WI 54501



A JOURNEY TOWARD
RESTORATION AND RENEWAL



WOMEN'S WEEKEND
MARCH 16 - 18, 2012

THE TREK AT CRESCENT LAKE
2750 Bible Camp Road Suite 3
Rhineland, WI 54501

(715) 203 - 0504 • info@thetrek.org



This is not your average weekend because there is no such thing as an “average” woman! You are special and there is no one else who sees the world in the same way that you do!

This Spring we are going to be celebrating your achievements and, at the same time, work with you to help take your relationships to the next level...and beyond.



Through workshops, roundtable discussions, peer interactions, sharing times and structured activities, we will explore what it takes to be a woman in the modern world.

Come and find your voice, your foundation and your own way forward! On your journey, explore and strengthen communication skills, and to examine what it means to have healthy interactions with yourself, your peers, your family and your faith.

Our program uses a proven curriculum that combines individual and all-group sessions with hands-on experiential learning opportunities to help participants discover what they do well and to target areas for improvement.

Topics covered in this weekend will include:

- Communication
- Conflict Resolution
- Expectations, Perceptions, Reality
- Personal Responsibility
- Relationships (both healthy and unhealthy)

During the "down times", we will have the opportunity to enjoy all that Crescent Lake has to offer.

Meet The Facilitator

Your Facilitator for this weekend will be Maria Rudesill. She is the Director of the Northern Lakes Impact Center, a driving force in the programming at Crescent Lake Bible Camp and the Northern Lakes Partners and a co-founder of The Trek.



The Trek At Crescent Lake 2012 Women's Weekend Registration Form

Name: _____

Address: _____

☐ Home ☐ Cell (_____) _____

☐ Work ☐ Cell (_____) _____

Email: _____

Roommate Request: _____

**The total fee is \$95.00 per person.
(Price includes tax.)**

We will be offering this program March 16 - 18, 2012. The program fee is charged PER PERSON based on lodging and includes all course materials, meals, lodging and recreation. Spaces are limited and will be filled on a first-come, first-served basis.

Registration must be accompanied by an \$95.00, nonrefundable payment. Spaces are limited. Upon acceptance to the program, we will provide additional materials including a Health Form, Waiver and Behavior Contract.

The Trek is an educational program. Persons with serious issues are recommended to seek professional assistance. Please call (715) 203 - 0504 with any additional questions.

**Please make checks payable to
Crescent Lake Bible Camp.**