



Inspiring Hope to Unleash Your Power to Heal

Pause to Thrive  
is a 501 (c)3 non-profit organization



## WELLNESS RETREAT FOR COVID-19 LONG HAULERS

LOCATION: San Alfonso Retreat House

755 Ocean Avenue, Long Branch, NJ

WHEN: September 6-8, 2022

TO PARTICIPATE: Please call **PAUSE TO THRIVE**  
for a consultation at 732 493-0852 or  
[pause2thrive@gmail.com](mailto:pause2thrive@gmail.com).



WITH **Monmouth Medical Center** | **RWJ Barnabas HEALTH** | **Monmouth Medical Center Southern Campus**

## Coping with COVID-19

A private space for COVID-19 long haulers to share your experiences and to learn practical strategies to cope with the psychological effects and build resilience to take back your life in times of uncertainty.

Retreats include

- Accommodations with 3 daily meals.
- Inspirational stories and group support.
- Professionally guided sessions to understand stressors, self-care practices, finding strength in sharing, a plan for the future.
- Yoga, Meditation, Spirituality, Personalized life coaching.
- Scholarships available for those facing financial difficulties.