



Women's Veteran Retreat, May 5-8th, 2026

Grand Canyon of the Ozarks

Tuesday:

4:00pm- Check-In

6:30pm-Dinner

7:30pm Introductions

Bonfire/S'mores

Wednesday:

8:30am- Breakfast

9:30am Occupational Therapy/Myers Briggs

10:00am- Group 1- East Side Via Ferrata/Iron Horse Zip

Group 2- Rock Climbing

1:00pm-Lunch

2:30pm- Group 1- Rock Climbing

Group 2- East Side Via Ferrata/Iron Horse Zip

5:30pm- Anger Management

6:30pm- Dinner

7:30pm-Barn Games

Thursday:

8:30am- Breakfast

9:30am- Financial Training/Budgeting

10:00pm- Mountain Biking/Hike to Goat Cave

1:00pm-Lunch

2:00pm- West Side Via Ferrata/Zipline

5:30pm- Conflict Resolution

6:30pm- Dinner

7:30pm- Critter hunt (bring light)

Friday:

8:30am-Breakfast

10:00am-Check-out and Travels Back Home

Register at: <http://www.nkmedicalgroup.com/veteran-retreats>