**RefresHER Retreat Information**

**Retreat Cost:**

Early Registration by March 15, 2025 $60

Registration March 16-28, 2025 $70

Youth (7th Grade and up) $50

Optional Trail Ride (additional Cost) $31

**REGISTRATION DEADLINE – MARCH 28**

*Check to BCI or Venmo Payment (see signup sheet)*

**Sleeping Arrangements**

Sleeping arrangements are single bunk style with quality mattresses

Bring your own bedding, pillow, towels and toiletries.

**Missions Market**

Please also bring accessories (purses, jewelry, scarves, etc.) to donate to a Missions Market, then shop for a treasure (cash, Venmo, or check to BCI)

*These funds will be used by Iowa WMU to encourage*

*Missionary Kids in the states for college*

*(For example, transportation to an MK Reentry Retreat in August*

*and gift cards to MK students during the school year)*

*And fund a student summer missions trip*

**Any questions? Please contact:**

Joni Wilkinson, [iowawmu@gmail.com](mailto:iowawmu@gmail.com), (515) 979-5414

Deb Speas, [deb.iowawmu@gmail.com](mailto:deb.iowawmu@gmail.com), (515) 210-0348