

# Reclaim & Renew

— THE NP RESET RETREAT —



# Reclaim & Renew: NP Reset Retreat

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Presented by: Andrews Healthcare Consulting

August 21–23, 2026

Camp Anderson, Old Town, FL



**PRIMARY CARE & MENTAL HEALTH**

*~Bringing Healthcare to the Comfort of Your Home~*

# Welcome,

Welcome to the Reclaim & Renew: NP Reset Retreat—a transformative experience intentionally created for you, the nurse practitioner who has spent so much time caring for others that you've begun to feel disconnected from yourself.

If you're feeling exhausted, overwhelmed, or like you've lost the spark that once fueled your passion for this profession... you are not alone—and you are exactly who this retreat was designed for.

This is more than just a getaway. It's a carefully curated reset.

A space where you can finally pause without guilt, breathe deeply, and step away from the constant demands, documentation, patient loads, and emotional weight you carry every day. Here, you'll be surrounded by other nurse practitioners who get it—who understand the silent burnout, the pressure to keep going, and the desire to feel like yourself again.

Throughout this experience, you'll be guided through meaningful opportunities to:

- Rest your mind and body in a peaceful, supportive environment
- Reflect on your journey—why you started, where you are now, and what needs to change
- Reconnect with your purpose, your passion, and your identity outside of your role

We'll help you move from survival mode back into intention.

Imagine waking up without stress, engaging in conversations that refill your cup instead of draining it, and walking away with clarity, renewed energy, and practical tools you can actually take back into your daily life and practice.

You deserve more than just pushing through.

You deserve to feel inspired again.

You deserve to feel balanced again.

You deserve to feel like you again.

This is your invitation to step away... so you can come back stronger, clearer, and fully renewed.

Reclaim your energy. Renew your purpose. Reset your life.

We can't wait to welcome you.

# Our Vision

Reclaim & Renew: NP Reset Retreat was created as an intentional space for healing, restoration, and reconnection for Nurse Practitioners who pour endlessly into others. Set in a peaceful, nature-centered environment, this retreat focuses on addressing burnout at its core—emotional fatigue, moral distress, compassion fatigue, and the pressure of practicing in increasingly complex healthcare systems.

Through guided wellness experiences, mental health education, peer connection, and reflective practices, participants are given tools to rest, rebuild resilience, and return to practice feeling grounded, supported, and re-energized. This retreat is not about stepping away from the profession, it's about sustaining it.

Our vision is to invest in the well-being of Nurse Practitioners so they can continue to provide high-quality, compassionate care to their communities. By attending our retreat, you will have the opportunity to give yourself the same compassionate care you provide to others.



# Retreat Details

Location: Camp Anderson

536 NE 168<sup>th</sup> Ave, Old Town, FL 32680

Dates: August 21–23, 2026

Check-In: 10:00 AM Friday | Check-Out: 10:00 AM  
Sunday



Throughout the weekend, you will participate in:

- Mental health & burnout education
- Guided wellness sessions
- Small group reflection
- Networking & connection
- Relaxation & self-care experiences
- Restorative downtime in nature

# Schedule

## A Weekend Wellness Retreat for Renewal & Resilience

**Check-In:** Friday, August 21, 2026 – 10:00 AM

**Check-Out:** Sunday, August 23, 2026 – 10:00 AM

### Meals Included

- Friday: Dinner
- Saturday: Breakfast, Lunch, Dinner
- Sunday: Breakfast

### FULL RETREAT MASTER SCHEDULE

#### Friday — Reset & Release

#### Theme: Decompression & Grounding

#### 10:00 AM – 12:00 PM

Check-In & Welcome Experience

- Refreshments
- Cabin assignments
- Welcome wellness kit distribution

#### 12:30 PM – 1:30 PM

Opening Circle & Intentional Goal Setting

#### 2:00 PM – 4:00 PM

Self-Reflection Lecture #1

#### **Understanding Burnout: From Compassion Fatigue to Renewal**

- Identifying burnout triggers
- Emotional inventory exercise
- Guided journaling

#### 4:00 PM – 5:00 PM

Aromatherapy Crafts Workshop

- Create personalized essential oil blends

- Stress-relief roller bottles or inhalers
- Creating bath bombs
- Education on calming and grounding scents
- Hands-on sensory relaxation experience

**5:00 PM – 6:00 PM**

Optional Massage & Facial Sessions (appointment-based)  
OR Free time for nature walks, rest, or personal reflection

**6:30 PM – 7:30 PM**

Catered Dinner

**8:00 PM – 9:30 PM**

Campfire Fireside Chat

- Peer sharing circle
- S'mores & connection
- Topic: *"Why I Became an NP"*

**Saturday — Restore, Reconnect & Celebrate**

**Theme: Strength, Joy & Community**

**6:45 AM – 7:45 AM**

Sunrise Morning Yoga

**8:00 AM – 9:00 AM**

Breakfast

**9:30 AM – 11:30 AM**

2-Hour Canoe Adventure on the Suwannee River

**Wellness Alternative (Same Time Block):**

Optional Massage & Facial Sessions (appointment-based)

**12:00 PM – 1:00 PM**

Lunch

**1:30 PM – 3:00 PM**

Rotating Activities

- Archery
- Gel Blaster Team-Building Challenge
- Optional Massage & Facial Sessions (appointment-based)
- OR Free time for nature walks, rest, or personal reflection

**3:30 PM – 4:30 PM**

Sound Therapy Session

**5:00 PM – 6:00 PM**

Self-Reflection Lecture #2

**Reclaiming Boundaries & Building Sustainable Practice**

**6:30 PM – 7:30 PM**

Dinner

**8:00 PM – 9:00 PM**

Painting with an NP Twist

Creative expression focused on resilience

**9:15 PM – 11:00 PM**

Networking Dance Party

- High-energy music + celebration
- “Leave It on the Dance Floor” burnout release theme
- Mocktails / hydration bar
- Optional themed attire

**Sunday — Renew & Return**

**Theme: Integration & Commitment**

**7:30 AM – 8:30 AM**

Breakfast

**8:30 AM – 9:30 AM**

Closing Reflection Circle

- Share insights

- Personal commitment declarations
- Group gratitude exercise

**10:00 AM**

Checkout

### **Wellness Features Included**

- 2 Self-Reflection Educational Sessions
- Aromatherapy Crafts Workshop + Bath Bomb Making
- Sound Therapy Experience
- Sunrise Yoga
- Massage & Facial Sessions (multiple availability blocks)
- Nature-Based Adventure (Canoeing)
- Team-Building Activities
- Creative Art Therapy
- Campfire Peer Support Circles

### **Participant Outcomes**

- ✓ Reduced stress and emotional fatigue
- ✓ Reconnection to professional purpose
- ✓ Practical burnout-prevention strategies
- ✓ Stronger nurse practitioner peer network
- ✓ Personalized wellness action plan
- ✓ Restored resilience and balance

## What Do I Bring? Packing Checklist

- Comfortable clothing (athletic+lounge)
- Outfit for mixer (theme to be announced!)
- Walking shoes
- Swimsuit (if utilizing pool or participating in water activities)
- Personal Toiletries
- Journal or Notebook
- Reusable Water bottle
- Phone charger
- Optional but recommended: yoga mat, favorite book, blanket + pillow

# Accommodations



**Relax in comfortable cabins designed for rest and connection.**

**Expect a peaceful, nature-centered environment ideal for reflection.**



## Meals & Dining

All meals are included throughout the retreat and prepared onsite:

- Breakfast, lunch, and dinner provided
- Light snacks and beverages available
- Dietary needs accommodated (please notify in advance)



# Pricing

- The Full Restoration Retreat: \$1,249\*
  - Lodging: Individual cabin accommodations
  - Full-access pass to all treatments, excursions, and experiences
  - VIP Priority Check-in
  - Four (4) Specialty Coffee Vouchers
  - Welcome Basket
  
- The Reclaim Package: \$799\*
  - Lodging: Cabin with 2 other attendees
  - Full-access pass to all treatments, excursions, and experiences
  - Three (3) Specialty Coffee Vouchers
  - Welcome Swag Bag
  
- The Renewal Experience: \$649\*
  - Lodging: Cabin with 4 other attendees
  - Full-access pass to all treatments, excursions, and experiences
  - Two (2) Specialty Coffee Vouchers
  - Welcome Swag Bag
  
- Group Rates (up to 5 per cabin): \$2950\*
  
- The Reset Pass (Commuter): \$499
  
- Students and Early Birds can enjoy \$100 off any package!  
***Payments: Cash, Credit Card, Check/Money Order, Venmo or Cashapp***

\* Includes lodging, meals, and all sessions.

## Important Notes

- Check-in begins promptly at 10 AM Friday
- Please arrive on time to participate fully
- Staff will be available throughout the weekend for support

## Unplug & Reset

We encourage you to:

- Limit screen time
- Be present in each moment
- Fully immerse yourself in the experience

This is your time.

## Community Agreements

To create a safe and supportive environment:

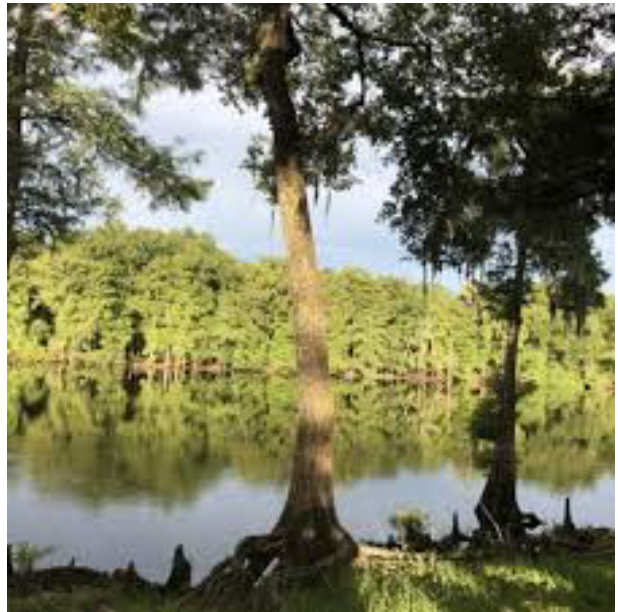
- Respect confidentiality
- Be present and engaged
- Practice kindness and openness
- Allow yourself (and others) space to grow

## Photos & Media

- Photos may be taken during the retreat for promotional purposes.
- If you prefer not to be photographed, please notify staff.

## Contact Information

Andrews Healthcare Consulting  
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## Meet Your Leadership Team



**Madeleine Kelley, PMHNP-BC**

Director of Psychiatric Services

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**Logan Andrews, APRN**

Chief Executive Officer

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**Stephanie Sanchez, APRN**

Retreat Team Lead