

ABUNDIA 2008

Abundia is more than an annual, three-day retreat for women of size. It is a state of mind, a circle of friends, and a year-round support system where women live life to its fullest and learn to accept their body size.

This year, the Abundia retreat will be held at the Illinois Beach Resort and Conference Center in Zion, Illinois on November 7, 8, and 9, 2008.

The Abundia weekend is a combination of art, music, movement, body image and self awareness workshops.

We are delighted to feature Marilyn Wann as our emcee and keynote speaker. Marilyn is an author, a speaker, a performer, a member of NAAFA (National Association to Advance Fat Acceptance), and works nationally to pass height and weight anti-discrimination legislation.

Friday night begins with an introduction to the weekend and musical entertainment.

On Saturday, attendees choose from a variety of programs. Previous speakers have included Cheri Erdman, Deb Lemire, Lynn Ellen Marcus, Lisa Breisch, and Judith Matz. Physical movement includes the ever popular water aerobics led by Abundia organizer Sandy Dixon and other programs such as Tai Chi or Nia. We use art for expression, meditation, and exploration.

Come prepared for fun at the Saturday night talent extravaganza. Retreat attendees that choose to join in can sing, dance, read poetry, play instruments, put on skits, or maybe just act silly. Talent is definitely not a prerequisite or even an expectation.

On Sunday, workshops continue and we reflect on the weekend with joyful, moving closing ceremonies.

There is plenty of time for laughter, quiet time, and camaraderie. All activities and workshops are optional. Massages are available for an extra fee.

Once you have attended a retreat, we keep the spirit alive with the Abundia e-mail list. We share experiences with health and travel issues, exchange resources for size-friendly products, help each other mentally prepare for a class reunion, or just stay in touch.

We have abundant room in our hearts to welcome you to the Abundia Circle.



Still wondering if the retreat is right for you?

Visit www.abundia.org or chat with the organizers
Call Sandy at (630) 655-3072 or Leeann at (847) 947-4858



**A three day retreat to a safe
place to share, learn, and
nurture yourself**

November 7 - 9, 2008

*Are you tired of putting your life
on hold until you lose weight?*

*Would you like to live life fully in
the body you have?*

*Would you like to meet a circle of
strong, like-minded women who
support each other?*



% Sandy Dixon
8731 Wedgewood Drive
Burr Ridge, IL 60527-6394

RETURN SERVICE REQUESTED

Learn more at www.abundia.org

a community for women of size

Register and learn more at
www.abundia.org

YOUR ABUNDIA ORGANIZERS

SANDY DIXON

My journey into size acceptance began in 2000 at my first Abundia retreat.

I was a middle-aged RN working on a masters degree in Exercise Physiology in an attempt to find out why I was fat and how I could change.

With the help of the strong women in Abundia and the Health at Every Size (HAES) movement, I have learned to accept myself as I am and appreciate the beauty of diversity in all sizes.

I keep myself busy by managing the Cardiopulmonary Department of a local hospital and teaching plus-sized water aerobic classes.

I have a wonderful husband and three great kids and have lived near Chicago most of my life.

LEEANN ENRIGHT

My last diet was more than 15 years ago although at the time I didn't know it would be my last. I did know that I'd done everything under the sun to lose weight and never kept it off. I went to my first Abundia in 2001 and more consciously began exploring the power of accepting myself as I am and living my life today.

I have a masters degree in Organizational Development and Change Management and over 15 years experience in business transformation and change management.

I am so excited to be working with Sandy to bring Abundia and its message of acceptance to other women. It's through gatherings such as Abundia that I continue to grow as a woman with an unlimited number of adjectives to describe me, including fat.



PAST RETREATS



Durette and Heidi at Abundia 2007

"The Abundia retreat is the only place where I have experienced life without weight being a factor. I can take my armor off and breathe." -- Karen

"Abundia is the one place in my life where I have experienced complete acceptance and love." -- Maryann

"Abundia is a safe haven and a supportive experience where we, as big beautiful women, can laugh, cry, share, dream, explore and get to know ourselves and each other." -- Cory

ABOUT ABUNDIA

Abundia was created in the Spring of 1990 when a group of therapists, who are women of size, decided to meet to discuss ways to live life fully, joyfully, and abundantly in a culture that does not appreciate large women.

Because they felt empowered by their gathering, they decided to expand their Abundia Circle and invite other large women to share the weekend with them.

The first Abundia retreat was held in 1994 near Chicago. Since then, women have been coming together annually to share their stories of pain and triumph.



We salute the Abundia Five - Jeanette Zweifel, Sue Ross, Cheri Erdman, Barb Spaulding, and Sally Strosahl for their leadership and inspiration.

RETREAT OPEN AND CLOSE

Friday: Onsite registration 3:00 - 6:00 pm
Dinner 6:00 pm

Sunday: Closing program ends at 3:00 pm

HOTEL RESERVATIONS

Illinois Beach Resort and Conference Center in Zion, Illinois is located directly on Lake Michigan on 4,100 acres in a protected state park.



Illinois Beach Resort is a full service hotel with rooms having 2 queen beds or 1 king bed, an indoor pool, hot tub, and health club facilities.

Reserve rooms through the hotel and pay the Illinois Beach Resort. Rooms are in addition to the program cost and are \$91 (plus tax) per room per night. Up to 4 guests per room.

Call (847) 625-7300 local or (866) 452-3224 toll free or visit www.ilresorts.com.

RETREAT REGISTRATION

The Abundia retreat is November 7-9, 2008
\$270 includes programs and 5 meals
\$260 if paid by August 1, 2008
Full payment due October 1, 2008
No refunds after October 15th

Register online at www.abundia.org or call
Sandy Dixon at (630) 655-3072
Leeann Enright at (847) 947-4858