



***For immediate release***

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**Contact:**

Heidi Matthews  
Program Marketing Coordinator  
The Woodlands  
724-935-6533  
412-608-6120 Mobile  
[hmatthews@woodlandsfoundation.org](mailto:hmatthews@woodlandsfoundation.org)

**No Limits – Countless Possibilities**

**Wexford, PA – The Woodlands** will be hosting its No Limits Retreat Weekend, a retreat for kids and teens ages 6-18 with amputations, limb deficiencies, and limb difference. The No Limits Weekend Retreat will take place September 8-10 and November 3-5, 2017. The Woodlands held its first No Limits Weekend Retreat in March 2017. Woodlands' Camps and Retreats Manager, Jamie Wagner, welcomes both returning and new participants, "After having hosting The Woodlands' first No Limits program, we're excited to have participants return for more excitement and adventures. We also can't wait to see some new faces joining in the fun."

No Limits Weekend Retreat participants will experience exciting activities and adventures on The Woodlands' 52-acre campus. Campers will enjoy traditional camp activities, such as swimming, archery, and zip-line rides. Additional activities will include a "Silly Olympics," a pudding toss, and an ice cream relay.

During the retreat, participants will be invited to socialize with peers who have similar life experiences. The program empowers participants to get up and move in The Woodlands' barrier-free facilities. Registration for this retreat is still open, and there are limited spots available. Visit [www.MyWoodlands.org](http://www.MyWoodlands.org) to register.

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**About The Woodlands**

It is the mission of The Woodlands to enrich the lives of children and adults with disability and chronic illness by providing adapted therapeutic programs that support and strengthen the development of skills in socialization, creative expression, environmental awareness, recreation, and spirituality at its fully accessible Wexford, PA, facility. Further information and a schedule of Woodlands' programming are available at [www.mywoodlands.org](http://www.mywoodlands.org).