

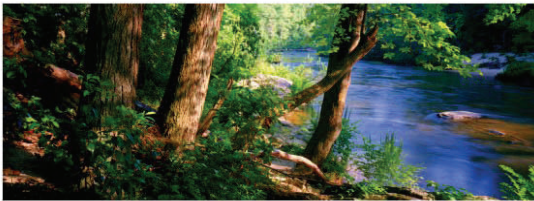
## How can I help?

The cost of the retreat is \$200 per person which includes 3 nights lodging and 9 meals. To raise the needed funds for Heartsong 2010, we need your support.

Applicants and other supporters are currently seeking donations. With your help we can accept all applicants regardless of their ability to pay.

You may sponsor the cost of one or more persons or a portion of the cost. Any donation you are able to make is welcome and tax-deductible. **Checks may be made payable to the UAB 1917 Clinic with Heartsong Retreat on the memo line.**

Please submit your check donation (no cash) to the participant or mail it to the address on the reverse side.



Heartsong is  
an outreach project of  
The 1917 Clinic at  
The University of Alabama at  
Birmingham (UAB) and the  
Center For AIDS Research



Applications will be mailed out to past participants in late February and be available in the clinic reception area. Call or email to get on our mailing list.

Registration will be accepted beginning Feb 15 2010.

**For more information, to make a donation, or to join the Heartsong mailing list, you may contact us at:**

Alabama Heartsong Retreat  
The 1917 Clinic at UAB  
189 Community Care Building  
908 20th Street South  
Birmingham, AL 35294-2050

For more information, contact:  
Kelly Ross-Davis, M.S.  
Phone: 205-934-9253  
Fax: 205-975-6448  
Email: [krd@uab.edu](mailto:krd@uab.edu)  
Web: [www.1917clinic.org](http://www.1917clinic.org)

Please make checks payable to:  
**UAB 1917 Clinic with Heartsong  
Retreat on the memo line.**

## Purpose

The Alabama Heartsong Retreat is an interfaith spiritual retreat for adults (19 and older) living with HIV and AIDS, for those who work in the epidemic, and for caregivers.

The primary goal is for each participant to take the time to listen to his/her own "heartsong" and to use what is learned to continue spiritual growth.

Persons living with HIV are given priority, and professionals who work in the HIV field are invited.

Caregivers are also encouraged to participate. Most participants are from Alabama, but some persons come from other states in the southeast.

The Alabama Heartsong Retreat has been coordinated by the 1917 Clinic at UAB since 1994, and is planned each year by past participants and staff members. This is our 17th year!

The retreat is limited to the first 50 individuals to register. See back.

## General Information

**When:** Monday-Thursday, April 19-22, 2010

Heartsong 2010 will be held Monday, April 19th through Thursday, April 22nd. Participants arrive between 3:00 -5:00 p.m. on Monday and depart following lunch on Thursday.

**Where:** Camp McDowell, Nauvoo, AL

The retreat will be held at Camp McDowell, an Episcopal Church Camp and Conference Center for the Diocese of Alabama. Camp McDowell is located in Nauvoo, AL, (near Jasper, AL) about one and a half hours NW of Birmingham. Accommodations are motel style with two people per room. All meals are provided on-site by the retreat center. See [www.campmcdowell.com](http://www.campmcdowell.com)

**Why:** *Spiritual Connection Matters*

Studies have shown that attitude is a crucial factor in the long-term survival of any serious illness, especially HIV disease. A person's spiritual journey or awareness of God and others can positively impact attitude in ways that build hope, strength, and peace in one's life.



## Comm particip

"I enjoyed sharing, su  
all—learnin

"The talent

"Activities  
know othe  
thought I g  
family."

"Everything  
[Workshop  
knowledge  
and displa  
every mem

"A very ma  
week."

"Bless the c

"I loved the

Alabama H  
The 1917 C  
189 Comm  
908 20th St  
Birmingham

For more in  
Kelly Ross-D  
Phone: 2  
Fax: 2  
Email: k  
Web: v