

# ***CMDA Retreat – Journeying Together***



*We invite you to prepare for the year ahead, get to know others and learn more about what faith has to do with health and well-being.*

**Saturday August 26, 2017 at 8:30 am – 1:45 pm**

**Location:** Total Freedom NY  
282 Broadway, Darien Center, NY 14040  
Phone: 585-902-6001



Total Freedom New York is a private, Christian-based, residential addictions facility. The staff are committed to helping men 18 and over get set free from life controlling problems and behaviors. Their focus is on promoting balance and integration of spirit, mind, and body. Located on 50 acres of country and farm land with woods, streams and gardens, it's the perfect place to find peace and inspiration. [www.totalfreedomny.org](http://www.totalfreedomny.org)

***Light breakfast, snacks and lunch provided***

## **Topics:**

- 8:30 – 9:00      *Light breakfast*
- 9:00 – 10:40    *Welcome and Introductions*  
*Testimonies – John Rutkoski, MD, bariatric surgeon and John Maggio, DDS, dentist*  
*Servant Leadership and Mentoring – Rev. Paul Decker, Campus minister with Campus Ambassadors and CMDA*
- 10:40 – 11:10   *Snacks, Break and Tour of the Total Freedom campus*
- 11:10 – 1:00    *People, Structure and Vision of CMDA – Chris Sullivan, MA, WNY Area Director for CMDA*  
*Addiction – How God heals broken people – Darren Caparaso, MD, family physician*  
*Spirituality and addiction research by UB students, Alex Loftus, M2 and Kailyn Violanti, M3*  
*How to deal with stress and/or depression in school and grow in your faith – Leeland Jones, MD, psychiatrist and Natasha Borerro, M2*
- 1:00 – 1:45     *Lunch and Discussion: Incorporating faith into practice – panel of healthcare professionals*

**COST:** Free for students and residents  
\$5 for everyone else (payable at the door)

**Sponsored by:** Christian Medical and Dental Associations of WNY

**Questions and to Register:** Contact Chris Sullivan at 585-260-5312, [ccsullivan28@gmail.com](mailto:ccsullivan28@gmail.com)  
or Natasha Borrero at 917-443-6914 [nborrero@buffalo.edu](mailto:nborrero@buffalo.edu)