

What is PACE?

A weekend retreat for young adults with congenital heart disease (CHD)



PROGRESSIVE ADULT CARDIAC EXPERIENCE

LOGISTICS

1. WHEN

Friday, May 23rd at 5 PM to
Monday, May 26th 12 PM,
2025

2. WHERE

Camp Bob Waldorf in
Glendale, CA

3. ELIGIBLE AGE

18-25 years old

4. COST

FREE! Pay-what-you-wish

5. SIMILARITIES TO CAMP

Same friends, counselors
("advisors"), heart
conditions

6. DIFFERENCE FROM CAMP

One session for all ages,
workshop and activities
choices, assigned family
for group reflections

ADVISORS

Equivalent to camp counselors



PACEMAKERS & PACEMAKER AMBASSADORS

Pacers who are part of the leadership team



MED TEAM

Doctors and nurses



PACERS

You!



EXAMPLE DAY



MORNING

Optional meditation,
optional coffee chat

WORKSHOP

Art for Anxiety, Critical
Thinking and Logical
Reasoning, Resilience

ROTATIONS

Yoga, Resistance Training,
Chair Exercises, Hike, Car
Maintenance, Needlework,
Service Project, Camping
Basics

MEALS & FREE TIME

Breakfast: 8:00 - 9:00 AM

Lunch: 12:30 - 1:30 PM

Free Time: 3:30 - 4:30 PM

Dinner: 6:00 - 7:00 PM

ALL PACE & FAMILY TIME

Music Therapy, Reflections
with your families

EVENING ACTIVITIES

Music Trivia, Silent Disco,
Sound Bath

STONE CIRCLE



DINING HALL



CAMPFIRE & PAVILION



MAC



STC



Apply at campdelcorazon.org/pace

Questions? Contact the director at pace@campdelcorazon.org.

