

There is surely a future hope for you.

PROVERBS 23:18

Holding on to Hope

Keynote Speaker

Heather Quintana

MDiv, Editor-in-Chief of *Vibrant Life* Magazine, Author & Speaker



Upper Columbia Conference Women's & Young Women's Fall Retreat

October 24 – 26, 2025 • Camp MiVoden

Please join us this fall for a weekend of fellowship, worship, music, delicious food, and fun on the beautiful shores of Camp MiVoden. Invite your friends, family, neighbors, and co-workers to join in this special time together — hope to see you there!

Heather Quintana, MDiv, is the editor-in-chief of *Vibrant Life*, the oldest health magazine in the United States. She is the author of several books, including *Holding on to Hope: How Believing in a Never-Give-Up God Can Change Your Life*, and *Momentum*, a daily devotional for teens.

Early Bird Registration ends October 1.

Registration closes October 15.



Upper Columbia Conference
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For registration (required) and more information,
visit www.uccsda.org/womensretreat