MAKE TIME FOR YOU

Join the Y’s Workplace Wellness team for a special women’s weekend retreat, November 7-8, at YMCA Camp Minikani. This weekend provides the perfect opportunity to get away with friends or by yourself for wellness, rejuvenation and inspiration. Meet new people, learn new skills and enjoy engaging activities, tasty meals and comfortable accommodations.

**This all-inclusive program is just $99 and is open to all women. A YMCA membership is not required.**

Located on the shores of beautiful Amy Belle Lake in Hubertus, Wisconsin, YMCA Camp Minikani is just 30 minutes from downtown Milwaukee.

**SCHEDULE:**

**Friday, November 7**
* 4-4:45 pm - Check-in
* 4:15 pm - Welcome
* 5-5:45 pm - Clutter Coach Kathi Miller
* 6-9 pm - Healthy Cooking Demo and Dinner
* 8-10 pm - Relaxing Massages by Massage Envy
* 9-10 pm - Campfire Conversation
* 10 pm - Lights Out

**Saturday, November 8**
* 8-9 am - Continental Breakfast
* 9-9:45 am - Nature Walk
* 10-10:45 am - Yoga Time
* 11-11:45 am - Inspirational World Champion Triathlete Cheryl Woodworth
* 12pm - Departure

For more information or questions on this event, contact your Workplace Wellness representative, or call (414) 274-0806.

**TO REGISTER:**

Click on the link below and enter the following program number, YMCA Center and session dates:

* Program Number: 01408/01
* YMCA Center: Rite-Hite Family YMCA
* Session Dates: 2014-11 2014 Jan-Dec 1/1/14 - 12/31/14

Space is limited, so register today for this fun-filled weekend!
YMCA Camp Minikani - 875 Amy Belle Rd., Hubertus, WI 53033