



Jamestown 4-H Educational Center Women's Wellness Weekend

Relax
& Renew

June 1-3, 2018

Wishing for some downtime and a chance to relax and recharge? The perfect escape is closer than you think! Treat yourself to a weekend designed for women ages 18 and better. Enjoy wellness workshops led by professional speakers in their respective fields. Explore classic camp activities such as archery, crafts or canoeing and kayaking. Join us for an active busy weekend or just come to relax and enjoy the beautiful sunsets on the James River. We take care of everything so you can enjoy a weekend of playing, laughing and learning with old and new friends.



Join us for Women's Wellness Weekend 2018

- Date:** Friday, **June 1** – **Sunday, June 3, 2018**. Arrival is between 6-8pm and departure is on Sunday at 1:00PM
- Location:** Jamestown 4-H Educational Center is located directly overlooking the James River in Williamsburg, VA
- Lodging:** Guests stay in our renovated lodges with rustic charm. Shower facilities are conveniently located inside the lodge.
- Meals:** Our professional culinary staff will prepare nutritious meals for your stay. Meals begin with a light meal and snacks on Friday night and end with brunch on Sunday. Coffee/Tea, beverages, snacks available throughout weekend. Our menu is restaurant quality, healthy and well-balanced. Vegetarian and Gluten Free meals available at every meal.
- Cost:** \$150/person for full weekend or \$75 for Saturday only. \$135 Early Bird if received by March 1, 2018. Bring your friends! If you register with five friends (for a party of 6) you will receive \$25 off per person. Financial assistance is available.

Workshop Topics and Activities May Include:

Fitness and Yoga Classes, Nutrition Workshops, Jewelry Making, Crafts, Zumba, Basket Weaving, Cooking, Canoeing, Kayaking, Reiki, Fishing, Tai-Chi, Stress Management, Archery, Nature Walks, Campfires, Massage, Personal Finance, Aromatherapy, Work Life Balance, Reflexology, Naturopathy, Sailing, Drumming Circle plus much more!

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Women's Wellness Weekend 2018

Registration Form

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Participant Information

Name: _____ Date of Birth: _____
Address: _____
Phone: _____ Work/Cell: _____
E-mail: _____
How did you hear about this program? _____

Emergency Contact

Name: _____ Phone: _____
Relationship: _____

Lodging

To help place you in the best location, please answer below:

I am an Early Bird: _____ I can live with anyone: _____ I am a Night Owl: _____

Please list any bunkmate requests:

Program

T-Shirt Size (circle one)	Adult Small	Adult Large	Adult Extra Large	Other _____
Full Weekend	_____	\$150	Saturday Only	_____ \$75
Full Weekend (Early Bird Rate– by 3/1)	_____	\$135		
I am bringing five friends along	_____	(\$25 discount)		

Please list their names: *We must receive all five registrations to receive this per person discount

Payment

Please send check to: Jamestown 4-H Educational Center– 3751 4-H Club Road, Williamsburg, VA 23185 or call to register.

Upon receipt we will send out confirmation. Full program details will be sent two weeks prior to weekend!

Thank you for choosing Jamestown 4-H Educational Center for your Women's Wellness Weekend!

Jamestown 4-H Educational Center *3751 4-H Club Road * Williamsburg, VA 23185* 757-253-4931* jamestown4hcenter.org



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