

Who: Women ages 18 and better who need down time from their everyday chaos or just a break from the mundane.

What: A weekend of fun and fellowship to relax the body, renew the mind and refresh the spirit!

Activities: We've planned a wide variety of activities sure to please everyone. Join us for chair massages, yoga, hiking, crafts, drumming, wellness workshops, horseback riding and so much more.

Where: The idyllic mountaintop setting of South Mountain YMCA, just outside Wernersville, PA.

When: September 24-26, 2010.
Check-in 5:00-6:30pm Friday.
Program concludes by Sunday noon.

Why: It's a great opportunity to try new things and meet really great people. It's a time for self as well as a weekend of relaxation with friends, new and old alike.

Cost:
Full Weekend \$100 per person
(includes lodging in heated cabins, delicious meals, and all programs and materials)

Conference Only \$75 per person
(includes all Saturday programs and 3 meals)

Financial Assistance Available

Women's Wellness Weekend is made possible by a collaborative effort from the following agencies:

**Alvernia University
Holleran Center**

Easy Does It, Inc

**FairView Counseling &
The Play Therapy Center**

***Reading Berks Conference
of Churches***

South Mountain YMCA

Questions?

Contact:



**Audrey Preston,
Outdoor Center Director**

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Wernersville, PA 19565
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Women's Wellness Weekend

*September 24-26, 2010
At South Mountain YMCA*



"Surrender" by Doris Klein, CSA © used with permission

*Relax...
Renew...
Refresh!*

REGISTRATION FORM

Detach & return this section with a check payable to *South Mountain YMCA* to:
PO Box 147, Wernersville, PA 19565

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

COST:

Full Weekend=\$100 \$ _____
(5 meals, 2 nights, all programs)

Conference Only=\$75 \$ _____
(3 meals, Saturday programs)

Would you like to make a donation for scholarships for others? \$ _____

TOTAL ENCLOSED: \$ _____

Check if you would like to request financial assistance. Do you need a partial or full scholarship? _____

Check if you have special requests (including dietary needs). Please explain: _____



Try new things



Safe place,
beautiful setting



Be active



Exercise the mind,
body & spirit



Connect with
others

Relax...
Renew...
Refresh!

Time for self



Experience
nature



Relieve stress

