



# Jamestown 4-H Educational Center Women's Wellness Weekend

Relax  
& Renew

June 7-9, 2019

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 Spring 2019

- Date:** Friday, June 7 – Sunday, June 9, 2019. Arrival is between 4-6pm 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 and cabins with rustic charm. Shower facilities are conveniently located inside the buildings.
- Meals:** Our professional culinary staff will prepare nutritious meals for your stay. Meals begin with hors d'oeuvres and snacks on Friday night and end with lunch on Sunday. Coffee/Tea, beverages, and snacks are available throughout weekend. Our menu is restaurant quality, healthy and well-balanced. Vegetarian and Gluten Free meals available at every meal.
- Cost:** \$160/person for full weekend (includes lodging) or \$85 for Saturday only (no lodging)  
Financial assistance is available. (please call to inquire)

### 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, Campfires, Personal Finance, Aromatherapy, Work Life Balance, Reflexology, Naturopathy, Drumming Circle plus much more!

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### Registration Form

#### 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)	SMALL	MEDIUM	LARGE	XL	2XL	3XL
Full Weekend	_____ \$160	Saturday Only	_____	\$85		

#### 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](http://jamestown4hcenter.org)



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