

### **Basic Info:**

**When:** September 28-30, 2012

Check-in Friday night between 5:30-6:30pm.

Program concludes Sunday morning by 10am.

Saturday-Only option offered too.

**Who:** Women who need down time from their every-day chaos or a break from the mundane.

**Activities:** We've planned a wide variety of wellness related activities presented by professionals in their field. Join us for chair massages, yoga, hiking, reiki, crafts, drumming, holistic wellness, nutrition workshops, climbing, horseback riding, and more.

### **FAQ:**

#### **Where is South Mountain YMCA Camps?**

Located outside Wernersville, PA (12 miles west of Reading) on an idyllic mountaintop property.

Visit [www.smyymca.org](http://www.smyymca.org) for directions & pictures.

#### **Where do we sleep if staying overnight?**

In beautiful, new log cabins. Cabins sleep up to 8 women and are heated. Participants bring their own bedding. The clean, modern showerhouse is only a hop, skip & a jump away. Facilities are consistently rated excellent by guests.

#### **Why should I sign up?**

It's a great opportunity to try new things and meet interesting people in a welcoming environment. It's a time for self as well as a weekend of relaxation with friends, new and old alike.

#### **When is the registration deadline?**

Registrations will be accepted until the retreat fills on a first come, first serve basis!

**Sign up today for fun & friendship to relax the body, renew the mind & refresh the spirit!**

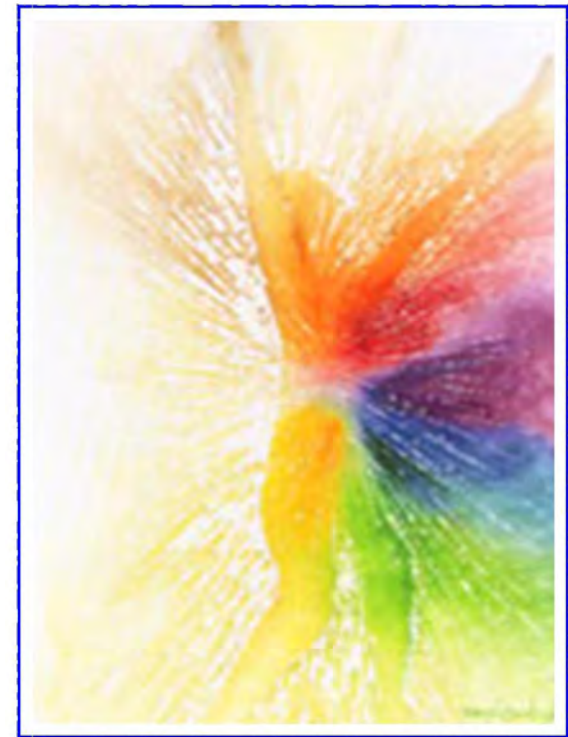
# Relax...

# Renew...

# Refresh...

## Women's Wellness Weekend

## Sept 28 - 30, 2012



**Sponsored by:**  
**SOUTH MOUNTAIN YMCA CAMPS**  
**& KEF CONSULTING, LLC**



**WOMEN'S WELLNESS WEEKEND  
REGISTRATION FORM  
Sept 28-30, 2012**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ (home or cell?)

**Email:** \_\_\_\_\_

**Shirt Size (circle one):** S, M, L, XL, XXL

Do you have any cabin mate requests?

\_\_\_\_\_

Check all that apply (used for cabin assignments):

- Early Bird
- Night Owl
- Horse Allergy/Not considering a trail ride

Any Special Needs (including dietary restrictions)?

\_\_\_\_\_

\_\_\_\_\_



**Fees:**

*Full Weekend* = \$115 per person \$ \_\_\_\_\_  
(5 meals, 2 nights lodging, all workshops, 1 shirt)

*Saturday Only* = \$75 per person \$ \_\_\_\_\_  
(3 meals, all Saturday workshops)

Extra WWW shirt = \$12 per person \$ \_\_\_\_\_

Would you like to make a donation toward financial aid for others? \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

**Financial Assistance is Available**

**Method of Payment:**

\_\_\_\_\_ Check (made payable to SMYMCA)  
Check # \_\_\_\_\_

OR

\_\_\_\_\_ Credit Card (MC, Visa, Disc. or AmEx)

Card # \_\_\_\_\_

Name on Card: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

**Thank you!**

**QUESTIONS?**

**CONTACT:**

Audrey Preston  
South Mountain YMCA Camps  
PO Box 147, Wernersville, PA 19565  
610-670-2267 OR [apreston@smymca.org](mailto:apreston@smymca.org)  
[www.smymca.org](http://www.smymca.org)

