

**WOODS...  
WATER...  
& WOMEN'S WELLNESS 2011  
June 10-16, 2011  
At Edwards YMCA Camp**



Edwards YMCA Camp is located on beautiful Lake Beulah away from the hustle and bustle of urban life. Edwards provides an oasis of peace amidst 130 acres of hardwoods, pines, prairies, marsh, and lakefront. Guests who stay in Hoffer and Runge Lodges accommodate up to 4 in a room with bunk beds and shared bathrooms. The lodges are located a quarter mile from the main activity area. Cabin guests sleep up to 6 people in a cabin and share a central bathhouse. Visit our website for more information on accommodations and facilities.

**CHECK OUT OUR WEBSITE FOR  
MORE INFO!**

**[campedwards.org](http://campedwards.org)**



**CALL TO REGISTER OR FIND OUR  
REGISTRATION FORM ON OUR WEBSITE!**

The Y: We're for healthy living.

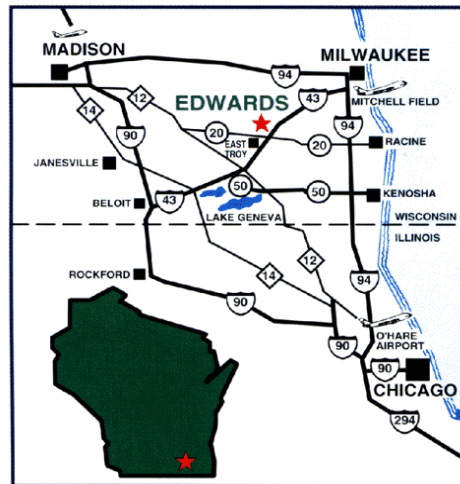
## Rates for 2011

	<u>6 Nights</u>	<u>3 Nights</u>
Cabins	\$ 475	\$ 270
Runge	\$ 575	\$ 335
Hoffer	\$ 575	\$ 335

**All rooms in Hoffer and Runge are air-conditioned and sleep up to 4.**

### Rates Include:

- \*\*\* Guest Speakers, programs, classes
  - \*\*\* Tasty, nutritious meals/snacks (vegetarian options available)
  - \*\*\* Lodging
  - \*\*\* Women's Wellness Camp Souvenir
- Available for an additional fee: Massage therapy, pedicures, crafts, manicures, facials**



**Camp Edwards is located 40 min. from Milwaukee and 1.5 hrs from Madison and Chicago**

## **34th Annual Women's Wellness Week**



*Woods... Water...  
& Women's Wellness 2011*

*June 10-16, 2011 (6 nites)  
June 10-13, 2011 (3 nites)*



the  
YMCA



**Edwards YMCA Camp**

On beautiful  
Lake Beulah  
East Troy, WI



**Welcome! Come join us...**

for the 34th Annual YMCA Women's Wellness Camp. Designed by women, for women, this week offers a chance to **energize** the body, **stimulate** the mind, and **soothe** the soul. It is the perfect "get-away-from-it-all" escape...and serious girl-time fun!

This year's theme is: **"Woods...Water... and Women's Wellness"**. Camp Edwards is complete with 130 acres and various ecosystems that allow for plenty of exploration, recreation, and activities. We will offer general topics that are



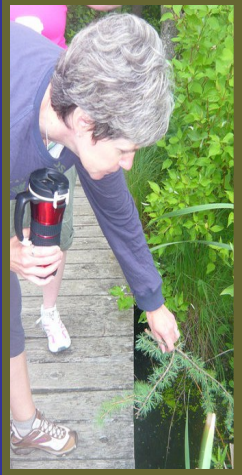
Women's Wellness Camp 2010

delivered by various speakers, discussion groups and nighttime activities. Daily educational workshops are held in the mornings on a variety of topics ranging from women's health issues to bird watching, to money management. And of course it's always OK to take time out for yourself and take the day at your leisure in the beautiful surroundings Camp Edwards offers!

**This Camp is for YOU!  
Come out, play and BE WELL!**

**"For me it's a nice, quiet week and a time to truly enjoy nature and the company of people that makes this weekend so much fun. I am grateful to experience all of this."**

**-Women's Wellness Camper**



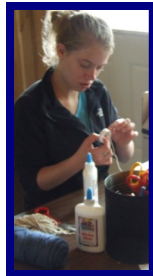
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**SAMPLE SCHEDULE:**

- 6:30am Fitness (Pilates/Aerobics)
- 7:00 Fitness (Nature Hike/Cardio)
- 7:15 Yoga/Morning Stretch
- 8:15 Breakfast
- 9:00 Morning Topic
- 10:30 Fitness (Toning/Conditioning)
- 11:00 Water Activities: Canoe/Kayak
- 12:30 Lunch
- 1:30 Crafts, Low Ropes, Nature Hike
- 2:30 Outdoor Activities/Dance Lessons
- 5:30 Dinner
- 7:00 Evening Program
- 9:00 Evening Tai Chi



**Activities Abound!!!**



Crafts



Fun Theme Days



Climbing Wall



Pontoon Rides



Archery



Lively Presentations And Discussions



Indoor/Outdoor Aerobics and Stretching

