

# Women's Wellness

## Weekend



At Edwards YMCA Camp

On Lake Beulah in East Troy, WI

January 29-31, 2010



This weekend is created just for you! Meet up with old friends for the weekend or make new ones! Come prepared to enjoy a weekend tailored for relaxation, emotional, physical and spiritual rejuvenation. Or just join us to sit by a cozy fire and enjoy the quiet winter surroundings! See you soon!

[Call to Register or Register Online!](#)



\$185 Per Person

### What is Offered:

- \*Yoga/Pilates
- \*Guest Speakers
- \*Evening Entertainment
- \*Crafts
- \*Cross Country Skiing
- \*Ice skating
- \*An In-House Masseuse
- \*Nature Hikes (early/late)
- \*Warm & cozy lodging
- \*Tasty & Nutritious meals
- \*Plus Much more...

For more information, contact:

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