

WOMEN'S WELLNESS RETREAT at DUBOIS CENTER

“MIND, BODY AND SPIRIT”

April 30 (Fri. 7 pm.) – May 2, 2010 (Sun. 1 pm.)
\$155.00 per person

A weekend retreat – for women – filled with information about living well. Healthy meals and snacks will be provided. The goal is to demonstrate how small life style changes can make a difference in our lives, how living simply can lead to Living Well. Dolores Gordon will lead us in Tai Chi. New activities this year include: 'How to Reduce Stress', 'Getting Organized' and 'Meditation and Deep Breathing' - how does a manicure/pedicure sound? Be pampered with a chair or body massage by Amber. Participate in our optional camp recreational activities, and more fun surprises...



Living Simply ~ Living Well



Register by April 1st and get a free t-shirt (after 4/1, available for \$10)

Lodging provided in Hickory Lodge and Cottages - 5 meals provided (3 on Sat., 2 on Sun.)

More info will be sent with registration confirmation Questions??? Call 618.787.2202
Fax 618.787.7701 Email duboiscenter@frontiernet.net website at www.duboiscenter.org

Complete and send with fee or \$50 deposit to: **DuBois Center, 2651 Quarry Rd., DuBois IL 62831**

Woman's "Mind, Body, and Spirit" Weekend

NAME _____ PHONE # _____

ADDRESS _____
Street City State Zip

CHURCH/TOWN _____ EMAIL _____

ROOM WITH _____ T-Shirt Size ___S ___M ___L ___XL ___2XL

LODGING PREFERRED _____ PAYMENT ENCLOSED \$ _____

VISA/MASTERCARD # _____ EXP. DATE _____

Current Health Issues/Concerns You Care to share _____

_____ I want to go horseback riding (1 hr. session) for an additional \$10

_____ I am interested in a full-body massage for an additional fee of \$50