

Live in the Moment

Health and Wellness Retreat - Finger Lakes NY

September 9-14, 2022 - 5 Nights

Includes lodging, meals and activities



We need to stop, put down the electronics, turn off the news and go back to experiencing nature, building and renewing friendships, and focusing on the the meaning of our lives. Make this that moment. Join us for a Women's Health and Wellness Retreat at a beautiful property in the Finger Lakes area of New York. "Rock Stream House" is situated on five private, peaceful, park-like acres.

Meet and connect with wonderful, smart and talented women.

The keys to a long healthy life are multifaceted and include building a strong social environment, having a calm, balanced and stress free mind, moving in many ways more of the time, and eating the right foods for your body.

Among the many activities are:

Sharing and Caring ♦ Mindfulness/Meditation ♦ Body Movement ♦ Wine Tasting ♦ Glass Museum Tour ♦ New Healthy Menus and Recipes (Volunteers and Recipes Welcome) ♦ Health and Wellness Discussions

If there is something you would like to contribute or share, (example: organize a healthy meal plan/recipes) please let me know and I will add it to the agenda.



Booking Information:

September 9-14, 2022 - \$1000 per person - Includes lodging, meals, and activities. Does not include air transportation to/ from New York, ground transportation to resort site or meals offsite. *We will start at 4:00 P.M. on Friday 9/9 and checkout on 9/14 by 10:00 A.M.* Full agenda will be provided the first of

August. There are 13 slots available. *Deposit of \$400 is due upon confirmation of attendance.* A full refund will be available until 6/01. Final payment of \$600 is due by 7/01. Please confirm your attendance by email and send \$400 deposit to: Linda Meeks, 1424 Beach Dr. NE, Tacoma, Wa. 98422. E-mail: linda.t.meeks@gmail.com