

WOMEN'S WELLNESS WEEKEND

March 29-31, 2019

Frost Valley YMCA 2000 Frost Valley Road, Claryville, NY 12725 –about a 2-hour drive. We will carpool.



A weekend to relax, rejuvenate, and have fun! Spend a weekend away in the beautiful Catskills to treat your spirit, mind, and body to better overall wellness! Get moving with Zumba, dance classes, nature hikes, and other invigorating classes, or relax with yoga, aromatherapy, and meditation. Explore your creative side with pottery, vision boards, or group drumming. Learn from inspiring instructors and teachers who will discuss stress management, organic skin care, financial health, and achieving inner balance.

Registration for 2019 is open! Download the [Registration Form here](#) and either email it to reservations@frostvalley.org or fax it Attn: Reservations at 845-985-0056 or give us a call at 845-985-2291 ext 450

<http://frostvalley.org/wp-content/uploads/2018/04/FILLABLE-2019-Womens-Wellness-Weekend-Registration-Form-color-rev04-17-18.pdf>

*REGISTER BEFORE AUGUST 1, 2018 AND PAY 2018 RATES. CANCELLATIONS RECEIVED BY 2/28/2019 WILL RECEIVE A FULL REFUND LESS A \$50 PROCESSING FEE PER PERSON. CANCELLATIONS RECEIVED AFTER 3/1/2019 WILL FORFEIT PAYMENT.

Frost Valley YMCA 2000 Frost Valley Road, Claryville, NY 12725

TEL: 845-985-2291 FAX: 845-985-0056

EMAIL: reservations@frostvalley.org

WEB: frostvalley.org FACEBOOK:

See Kim Blomquist or Barbara Harteis with questions.