



Women's Wellness Weekend Sample Schedule

Friday

3:00 - 9:00 p.m.
5:30 - 6:30 p.m.
6:30 p.m.
Following dinner

Check-in
Wine tasting
Dinner
Star Gazing

Saturday

8:00 – 9:00 a.m.
9:00 – 9:15 a.m.
9:30 - 11:30 a.m.
Noon
1:00 - 3:00 p.m.
3:30 - 5:30 p.m.
6:30 p.m.
Following dinner

Continental Breakfast
Park Orientation
Session 1
Lunch
Session 2
Session 3
Dinner
Campfire

Sunday

8:00 - 8:45 a.m.
9:00 - 11:00 a.m.
11:30 a.m. - 12:15 p.m.
12:15 p.m.

Continental Breakfast
Session 4
Wrap-up
Cold cut tray available