

YMCA Camp Letts
15th Women's Wellness Weekend

Some of this year's speakers & presenters include:

Joanne Huskey
The Unofficial Diplomat

Dr. Frederick Sutter
Center for Wellness Medicine

Julie Caroll
Interior Design

Danette Boone
Building Sisterhood

Liz Brown

How to keep your balance when the floor is rocking

Melba Gaillard

Creating Peace, Harmony and Tranquility through Order

Julie Caroll
Interior Design

Barbara Randolph
Weathering the Storm of Life

The Honey-do's

Tiling 101 Workshop & Energy Efficiency Q&A

Nina Galant
Bardo Dance

and many more!

Presenters and discussions are subject to change



Special Thanks To
schoolguide

YMCA Camp Letts

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YMCA Camp Letts 15th Women's Wellness Weekend

Friday, April 30 -
Sunday May 2, 2010



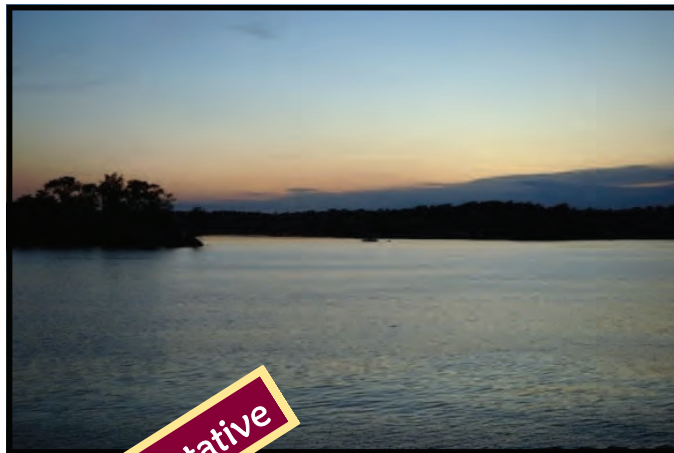
Please join us for our 15th Women's Wellness Weekend, a ladies only weekend filled with great food, activities, wellness workshops, relaxation and fun. You can do it all, or just sit back and enjoy the great views from our 219 acre retreat just 10 minutes from Annapolis, MD.

What is Women's Wellness?

An escape from the demands of everyday life and an opportunity to find balance in our lives.

*Imagine a weekend focused solely on **your** needs and doing what you want to do for yourself.*

Come participate in challenging adventures, express yourself with art, and pamper yourself as you enjoy this uniquely revitalizing experience. YMCA Camp Letts will provide you with a serene environment where you can fully enjoy the beauty of nature, take a walk on our many trails, read in a rocking chair overlooking the water, participate in workshops, or join with friends to have a new adventure on our high ropes or paintball course. Take pleasure just relaxing with old and new friends.



Tentative

Your Restful Weekend Schedule

Friday April 30, 2010

3:00 - 8:00pm	Check-In (Dining Hall)
5:00pm	Sunset Welcome Reception
7:15 - 8:15pm	Dinner
8:30 - 11:00pm	Evening Activities

Saturday May 1, 2010

6:15am	Registration Opens
6:30am	Continental Breakfast
6:30 - 8:00am	Early Morning Activities
8:00am	Breakfast
9:00am	Opening Speaker
10:45 - 12:15pm	Morning Activities & Lectures
11:00 - 1pm	Craft Fair
12:20 - 1:15pm	Lunch
1:15 - 2:15pm	Keynote Speaker
2:30 - 4:00pm	Afternoon Activities & Lectures
4:15 - 5:45pm	Afternoon Tea with Harpist Cara Fleck
7:15 - 8:15pm	Dinner
8:30 - 11:00pm	Evening Activities

Sunday May 2, 2010

6:15am	Registration Opens
7:00 - 7:30am	Continental Breakfast
6:45 - 12:00noon	Morning Activities & Lectures
8:00am	Breakfast
9:00am	Closing Speaker
10:15 - 11:45am	Morning Activities
12:20 - 1:15pm	Lunch and Checkout

What we offer

YMCA Camp Letts is located on a 219 acre peninsula located on an inlet off the Chesapeake Bay. Our spacious lodges are heated with wall to wall carpet complete with bathroom and shower facilities.

There will be speakers and seminars with information ranging from finance to health and fitness. The activity choices are endless: High Ropes Adventure, Tennis, Basketball, Volleyball, Canoeing, Arts Classes, Yoga, Nature Trail Walks and so much more. Activities such as Massage, Tarot Card Readings, and Trail Rides, just to name a few, are offered for a nominal fee when you sign up for activities at registration.

What else should I know?

A confirmation packet will be mailed once your registration is received. Included will be a suggested packing list, directions, and other helpful hints.

Saturday Craft Fair

We are happy to announce the return of the Saturday Craft Fair! Local artists and crafters from around the area will gather under the tent outside the Dining Hall from 11am -1pm. Unique treasures including ceramics, jewelry, painting and more. Make sure to bring your checkbooks for a variety of great gifts to give or give yourself!

15th Women's Wellness Weekend
April 30 - May 2, 2010

\$260 per person registration fee

\$220 early registration fee for registrations received / postmarked by April 16th, 2010

Registration fee includes lodging, food, workshops, entertainment, and most camp activities.

Name _____

Address _____

Daytime Phone _____

Work or Cell Phone _____

Email _____

To ensure placement with preferred roommates, please complete a separate registration for each roommate.

Roommate Names: _____

- Check (made payable to YMCA Camp Letts)
- Discover
- Visa
- MasterCard
- American Express

Account # _____

Exp. date _____

Signature _____

Cancellation Policy: Cancellations received by March 12th will receive full refund less a \$25 processing fee. Cancellations received later than April 19th will forfeit payment.

Please include your check or credit card information and return as soon as possible for best lodging options:

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PO Box 208
4003 Camp Letts Road
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For more information please contact Kathi Seymour at 410-919-1418 or kseymour@ymcadc.org.