



**Commit to Be Fit
Exercise Your Mind and Body**

Fifth Annual Wisconsin's First Lady's Wellness Weekend

The Osthoff Resort –Elkhart Lake
January 19-21, 2018

Please join us for a wellness weekend that offers women an opportunity to participate in a variety of activities related to health and well-being. To register for the event please visit:
www.firstlady.wi.gov or call: (608) 246-5501.

WEEKEND AGENDA

Friday, January 19

- Wellness Weekend Check-In
 - Beginning at 3pm
- Vendor Fair
- Yoga

Saturday, January 20

- Yoga
- Wellness Breakout Sessions!
- Walk with Walker
- Water Aerobics
- Aspira Spa

Sunday, January 21

- Yoga
- Closing Reception & Breakfast
- Featured Speaker
- Raffle drawings

SPECIAL OFFERS

For a little pampering, the Aspira Spa is offering a 20% discount on all spa services throughout the weekend. Please call the spa directly at (920) 876-5843 for further information or to book an appointment.

Please note all activities are subject to change.

WEEKEND RATES

Weekend Day Pass - \$125

Includes a welcome bag; Friday Vendor Fair; admission to all Wellness Weekend activities; Saturday breakfast, lunch, & dinner; and Sunday breakfast.

Weekend Packages

Packages include a two-night stay; welcome bag; admission to all Wellness Weekend activities; Friday Vendor Fair; & all meals included.

Package Deal	Regular Price
Single (1 Bedroom Occupancy)	\$310
Double (1 Bedroom Occupancy)	\$350
Double (2 Bedroom Occupancy)	\$400
Triple (2 Bedroom Occupancy)	\$450
Quad (2 Bedroom Occupancy)	\$520

Presenting Sponsors:

