

January

23-25

2015

Lake Lawn Resort  
Delavan, WI



# Wisconsin's First Lady's Wellness Weekend

## Friday, January 23

Wellness Weekend Check-in  
Welcome/Ice Breaker  
Girls' Night Out!  
Evening Yoga

## Saturday, January 24

"Walk with Walker"  
Wake-up Yoga  
Makeup Techniques  
Finance Workshop  
Self-defense Workshop  
Sweating to the Oldies  
Chiropractic Workshop  
Mindfulness/Meditation Workshop  
Aqua Zumba  
\*Paint Nite  
Wine Tasting  
Evening Yoga

## Sunday, January 25

Wake-up Yoga  
Weekend Wrap-up/Raffle  
Featured Speaker – Mary Pierce "The Laugh Lady"

Please join us for a wellness weekend that offers women an opportunity to participate in many activities related to health and well-being. To register for this event please visit – [www.firstlady.wi.gov](http://www.firstlady.wi.gov)

### Weekend Pass –

\$60

Includes a welcome bag, admission to all wellness weekend events and dinner on Friday, breakfast and lunch on Saturday, and breakfast on Sunday.

### Weekend Package –

\$249 Plus resort fee and taxes

Includes a two night stay in a Lakewood or Luxury Lodge Queen Room, a welcome bag, admission to all wellness weekend events and dinner on Friday, breakfast and lunch on Saturday, and breakfast on Sunday.

Lake Lawn Resort offers complimentary Friday and Saturday evening entertainment – Outdoor bonfires, piano player in the Fireside Lounge and music in the Lookout Bar.

For a little pampering, Lake Lawn's Calladora Spa is offering 20% off on all spa services for the weekend to include Sunday afternoon.

\*There is an additional \$25 per person charge to participate in the Paint Nite event.  
Please note workshops/events are subject to change.