



Wisconsin's First Lady's WELLNESS WEEKEND

JANUARY 17TH - 19TH, 2014 • LAKE LAWN RESORT • DELAVAN, WISCONSIN

Please join us for a wellness weekend that offers women an opportunity to make their health a priority and provide them with information and tools to be proactive in maintaining their health. \$10 of every wristband and package purchased will be donated to the Boys and Girls Club of Walworth County. *To register for this event please visit www.firstlady.wi.gov*

SCHEDULE OF EVENTS

FRIDAY, JANUARY 17

Hotel Check-in / Wellness Weekend Check-in
Wellness Weekend Kick-off
Zumba-Thon
Evening Yoga

SUNDAY, JANUARY 19

Wake-up Yoga
Breakfast with Life Coach Presentation
"Renewal and Rejuvenation"
Motivational Wellness Weekend Wrap-up

SATURDAY, JANUARY 18

"Walk with Walker"
Wake-up Yoga
Breakfast
Educational and Interactive Sessions
3 interactive, 25 minute sessions, including health, wellness and women's self-defense
Lunch
"The Great Outdoors"
Snow Shoeing & Cross Country Skiing Demonstrations
"A Woman's Worth"
Living your Life with Passion & Purpose
"Training for Wisconsin Winter"
Discover complete functional body health
"Healthy Choices = Healthy Life"
Aqua Zumba
Wine Tasting and Light Refreshments
Evening Yoga

Wristbands for the weekend available for purchase at Calladora Spa for \$40 in advance or \$50 during the event.

**Please note program sessions are subject to change.*



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

Plus, for a little pampering, Lake Lawn's Calladora Spa is offering 20% off on all spa services throughout the weekend.



LAKE LAWN
RESORT



calladora
beauty by the water