



# 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.

## SCHEDULE OF EVENTS

### FRIDAY, JANUARY 17

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

### SUNDAY, JANUARY 19

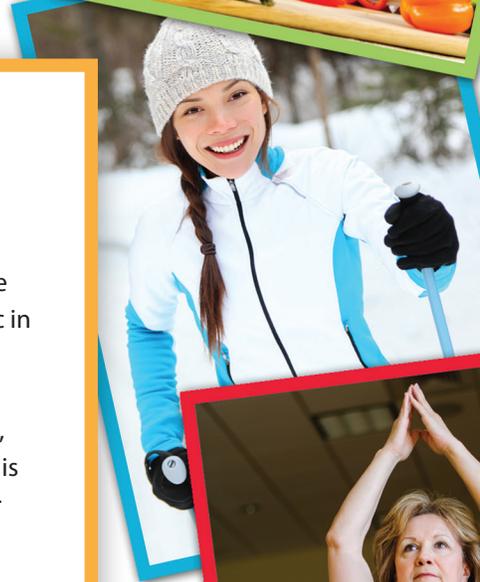
Wake-up Yoga  
Breakfast with Life Coach Presentation  
"Renewal and Rejuvenation"  
Motivational Wellness Weekend Wrap-up

### SATURDAY, JANUARY 18

"Walk with Walker"  
Wake-up Yoga  
Breakfast  
Educational and Interactive Sessions  
    Women's Self Defense  
    Health and Wellness Information  
Lunch/Snack Attack  
"The Great Outdoors"  
    Snow Shoeing & Cross Country Skiing Demonstrations  
The Rebound Effect  
    The benefits we receive from doing small acts of kindness  
"Training for Wisconsin Winter"  
    Discover complete functional body health  
"Thinking Outside of the Box"  
    Non-traditional paths to wellness  
Aqua Zumba  
Wine Tasting and Light Refreshments  
Evening Yoga

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

Plus, for a little pampering, Lake Lawn's Calladora Spa is offering specials on winter services throughout the weekend



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



LAKE LAWN  
RESORT

