

# WOMEN'S Wellness WEEKEND

**February 17 & 18, 2018**

Join us for a casual meet & greet with the presenters the evening of the 16<sup>th</sup>. Free with registration.

The Yankeetown/Inglis Woman's Club invites you to take time for yourself.

**RESERVE YOUR SPOT SOON!**

**SLOW LIFE DOWN IN BEAUTIFUL & QUANT YANKEETOWN, FL**

Enjoy the benefits of learning new ways of living well. Professionals will engage you in thought and experiences.

Health and wellness topics such as when to seek mental health help, personal safety, staying active with yoga and line dancing, mindfulness, achieving goals, writing, nutrition tips and more.

This second year includes new topics with new and returning speakers that you won't want to miss.

Full schedule will be posted soon at <http://www.yiwomansclub.com/> and on Facebook

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Contact #: \_\_\_\_\_  
Email: \_\_\_\_\_

I plan to attend as follows:

Meet & Greet (included in registration fee)

Saturday only (\$30)

Sunday only (\$30)

**Both Saturday & Sunday (\$50)**

Please let us know if you are interested in a massage, facial or eco-tour (by boat) of the river. Separate options at great prices.

## MORE INFO!

Friday, Feb. 16, 6:00 – 8:00pm. Wine & cheese & opportunity to meet the speakers and ask direct questions. Yankeetown/Inglis Woman's Club. Free with registration.

Check-in is at 9:00am Saturday and Sunday

Registration at the event is accepted, but pre-registration is encouraged.

Get a balanced start with Chair Yoga at 8:00am Saturday.

Program begins at 9:30 each day, ending around 4-4:40pm each day.

Registration includes a healthy lunch Saturday and brunch on Sunday.

Additional for-fee options include massage, facials & eco-tours of the river.

Please notify us ahead of time so we may contact you about scheduling.

Primary event location:

Yankeetown/Inglis Woman's Club, 5 56<sup>th</sup> St., Yankeetown, FL.

Some walking to/from other locations will be necessary. Please wear comfortable footwear & clothing. You may also wish to bring a yoga mat or blanket for active participation.

Need a place to stay? We may be able to help find discounted rooms. Let us know early.

For more info contact Di at (352)586-3413

or email [yiwcevents@gmail.com](mailto:yiwcevents@gmail.com)

**THE AREA HAS A LOT TO OFFER. PLEASE LET US KNOW IF YOU'D LIKE MORE INFORMATION!**

Please make checks payable to YIWC. Mail to:

**Yankeetown/Inglis Woman's Club**

**PO Box 298, Yankeetown, FL 34498**

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