



*invites you to be a part
of a very special weekend ...*

Women's Wellness Retreat!

An amazing experience to rest, relax, revitalise (and have some fun too!) for inspiring, hard working, time-poor, incredible and wonderful women!

I know you all work so so hard, and find it hard to find time to yourself (me too!), so imagine a whole weekend away to refresh, revitalise and relax (sound like heaven already???)

The fun starts when we leave Melbourne by mini bus late Friday afternoon (time TBC, but will be around 5pm), and travel to our amazing destination in Ballarat. Being a wellness weekend, we of course will be proclaiming the benefits of moderation, so we will maybe even let you have a glass of bubbly on the bus ... *all in the name of moderation and balance of course!*

Just look at where we're going ...



This amazing weekend, led by Tania Moloney (Corporate Wellness Guru), Sarah Loh (Chef Extraordinaire) and Sarina Lococo (Brilliant Nutritionist/Naturopath), this weekend is about having a great time, learning how to stay healthy despite your busy busy life, finding some quiet time to yourself, meeting some other fantastic women and taking some well deserved (and long overdue) time out for yourself!



Date: Friday 14th - Sunday 16th November 2008

The Delightful Details!

Location: Ballarat (the beautiful old Blythwood Grange Estate)

Transport: By mini bus, leaving from and returning to Stressworks Corporate Health Office, Suite 7, 8-18 Whitehall Street, Footscray VIC 3011. Of course, you're welcome to make your own way up if you like, but it'll be fun to go all together!

Accommodation: 2 nights accommodation is included in fully self contained apartments.

Accommodation is twin share, and apartments are two Bedrooms, with one Queen and two single beds. (Single Accommodation is available, but the apartments are very good size and more than big enough for 2 people).

Meals: All meals are included (2 Dinners/2 Lunches/2 Breakfasts/Snacks) and are prepared by our fabulous Chef Sarah. Please advise of any special dietary requirements when booking.

Plus, all inclusive in this amazing package are: A Health Consultation with our naturopath/nutritionist Sarina, a lovely massage, Women's Wellness Seminar, a healthy cooking class, fun activities, spa/sauna/pool, gym, chill out room, great company, and few surprises along the way AND best of all no stress/kids/partners/work ... it's all about YOU! Oh, and lots of quiet time if you need it!

Cost: \$550.00 per person

HOW TO BOOK: Please fill in your details below, and fax/post it back to:

Tania Moloney
 Stressworks Corporate Health
 Suite 7, 8-18 Whitehall Street, Footscray VIC 3011.
 Tel: 03 9687 9555 Fax: 03 8610 0160
 Once you've registered, we'll call you to confirm and organise payment.

Please register me for the Women's Wellness Retreat

Date: Friday 14th – Sunday 16th November 2008

Name: _____

Address: _____

Tel (Wk): _____ **Tel: (Hm):** _____ **Tel (Mob):** _____

Email: _____

Special Dietary Requirements or Medical Concerns/Conditions:

We're not advertising this weekend, so it's really invitation only. BUT, if you have someone you think really would love it and benefit from it, please pass this onto them. We know if you recommend them to come then they will be ok by us!

Please note: it is not for a weekend for supermodels and bootcamp fitness fanatics ... although we love them too ... everyone we've invited is a 'real' flesh and blood, wonderful woman who we think deserves a little time out and pampering!)