

Eve-olution



Women's Wellness Retreat

You're invited to be a part of a very special weekend ...

Bought to you by Stressworks Corporate Health
& proudly supported by Learn to Relax

To YOU ... an inspiring, hard working, time-poor, incredible and wonderful woman!

We girls all work so so hard, and it can be really hard to find time to yourself. So, imagine a whole weekend away to refresh, revitalise and relax (sound like heaven already?).

*The theme for this special retreat is **Eve-olution** ... and our aim is to empower you to evolve into a healthier, happier YOU!*

Your **Eve-olution** starts when you arrive at our amazing retreat just an hour and a half's drive from Melbourne. Being a wellness weekend, we of course will be proclaiming the benefits of balance and moderation, so we will even let you have a glass of bubbly when you arrive!

This weekend is about having a great time, learning how to stay healthy and stress-free despite your busy life, meeting some other fantastic women and taking some well deserved (and long overdue) time out for yourself!

The Delightful Details!

Dates: Friday 23rd July to Sunday 25th July 2010

Location: Ballarat, Victoria (Further details to be provided)

Transport: Make your own way up there, directions will be provided. If you want to organise a car pool, please let us know. Please try to arrive by 7.00pm on Friday night.

Accommodation: 2 nights' accommodation in fully self contained apartments. Accommodation is twin share in 2 bedroom apartments. (Single Accommodation is available at an extra charge, but the apartments are very good size).

Meals: All meals are included (2 Dinners/2 Lunches/2 Breakfasts/Snacks) and are prepared by our fabulous Chef (and we even show you how to cook them yourself!). Please advise us of any special dietary requirements when booking.

Plus, included in this amazing package is: A Health Consultation with our naturopath/dietician, a lovely Massage, Women's Wellness Seminar, a fabulous Creating Calm Session, Morning Walks and a good old stretch, Healthy Cooking Demonstrations, spa/sauna/pool, gym, chill out room, great company, a 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 want it too!

Cost: \$595.00 (inc. GST) per person

Register your interest:

Please call or email Tania Moloney (Stressworks Corporate Health) on 1300 307 505 or tania@stressworks.com.au to register your interest.

We're only advertising this weekend to our friends and valued clients, 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: this is not for a weekend for supermodels and bootcamp fitness fanatics ... although we love them too ... those attending will be 'real' flesh and blood, wonderful women who we think deserve a little time out and pampering!

