



## Women's Wellness Weekend Itinerary March 23-25, 2012

Participate in as many of the following complimentary sessions as you choose!

### Friday, March 23

**6:00-7:00 PM**     **Welcome Reception**  
*in Mountain Laurel Meetings Cottage*

Start off your Weekend of Wellness with wine, light hors d'oeuvres, and introductions from your hosts.

### **Dinner on your own**

The Hotel Hershey restaurants will be offering healthy specials in addition to their regular menus.

**8:30-9:00 PM**     **Quiet Mind Bright Light**  
*in Blue Mountain (above Harvest)*

Join us for a relaxing mental preparation to synchronize your mind, body, and spirit for the weekend ahead. We will focus on yoga breathing techniques with relaxation and meditation done by candlelight.

### Saturday, March 24

**7:00-9:00 AM**     **Continental Breakfast**  
*in Vista (above Harvest)*

**7:30-8:15 AM**     **Invigorating Walk**  
*departing from Vista (above Harvest)*

Welcome the new day with us during an invigorating breath walk as we stimulate your body and wake up your mind.

**9:00-10:00 AM**     **Women's Health through the Decades**  
*in Blue Mountain (above Harvest)*

Join Dr. Danielle Hazard, M.D., a specialist in Obstetrics & Gynecology with Penn State Medical Group, in this engaging overview of women's health. From child bearing through menopause, celebrate the amazing female body and learn how to transition through each phase.

**10:30-11:30 AM**     **Choice of Water Fitness or Yoga**

*Water Fitness Class, Indoor Pool*  
Movements through the water allow increased resistance as you stretch and exercise.

*Beginning a Yoga Workout Routine, in Mountain Laurel Meetings Cottage*  
Learn about change, transformation, and your own personal revolution, including basic details on how to begin your yoga warm-ups, simple instruction on sun salutations, half moon, and much more.

## Lunch on your own

The Hotel Hershey restaurants will be offering healthy specials in addition to their regular menus.

### 1:00-2:00 PM **Yes, chocolate is good for you!**

*in Blue Mountain (above Harvest)*

Enjoy this lively session on the health benefits of chocolate, led by Dr. Amy Griel Preston, PhD, RD, Nutrition Scientist with The Hershey Company.

### 2:00-2:30 PM **Coffee Break**

*in Vista (above Harvest)*

### 2:30-3:30 PM **Vinyasa Flow Yoga**

*in Mountain Laurel Meetings Cottage*

Breathe, align, sweat, and connect your movements with vinyasa flow yoga. Use your breathing, along with your movements to create heat, focus the mind, and deepen the practice.

### 4:30-6:00 PM **Wine and Chocolate Pairing**

*in Starlight Terrace*

Indulge your passion for wine and love of Hershey®'s chocolate! Experience five different wine varietals paired with five different mini desserts all in an entertaining and informative class.

## Dinner on your own

The Hotel Hershey restaurants will be offering healthy specials in addition to their regular menus.

### 8:30-9:00 PM **Cultivating Stillness Within Relaxation and Reflection**

*in Mountain Laurel Meetings Cottage*

Join us for meditation and deep breathing, and learn tips on how to get a good night's rest by doing key yoga postures and yoga breathing techniques.

## Sunday, March 25

### 7:00-9:00 AM **Continental Breakfast**

*in Vista (above Harvest)*

### 7:30-8:15 AM **Brisk Morning Hike**

*depart from Vista (above Harvest)*

Join us as we enjoy and explore nature on our woodland trails.

### 9:00-10:00 AM **Stay Healthy!**

*in Blue Mountain (above Harvest)*

Don't miss the final educational session with Drs. Stacy Hess, M.D. & Jennifer Goldstein, M.D., both specialists in Internal Medicine at Penn State Hershey Milton S. Hershey Medical Center. They will focus the discussion on how to make health a priority for the busy woman who does it all, and share lots of great tips on nutrition, prevention, exercise, and stress management.