



**Show Her You
Care...
Give the
Gift of
Wellness**

May 6-11 or 14-18, 2012

This year for Mother's Day or Valentine's Day – Give her the Woman's Wellness Week at Hope Lake Lodge!

Hope Lake Lodge and BWI Health Promotions of Buffalo, NY are teaming up to present a program for a healthy living lifestyle for women.

All Inclusive Package: 5 nights lodging with waterpark passes, 1 Waterfalls spa treatment, all natural and healthy meals, fitness classes, 6 lectures, Biometric testing and professional coaching, two keynote speeches one aboard the "Cayuga Lake Cruise Line" & the other, New Best Selling Author in the health and fitness category, Marie-Josée Sharr, speaks on her book Smarts & Stamina, the Busy Persons Guide to Optimal Health & Performance. Discover how your body reacts to sleep, mood, food and exercise.

HRCI-CEU'S available

Call 800-955-2754, Ext 6109 for info

Or email gkryger@greekpeak.net

\$2400 Single Occupancy \$2050 Double Occupancy

Proposed Schedule

Sunday:

Check in 4PM

Dinner 6PM-7PM

Indoor Outdoor Pool, Indoor/Outdoor Hot tub – open until 9PM

Monday:

7AM for Morning Stretch and Breakfast

One Hour Lecture and Comprehensive Workbooks will be handed out.
(Taking Your Responsibilities)

Biometric Screening

Fitness: Jump Start your Fitness 10:30AM-11:30AM

Lunch: 12PM-1PM in the Acorn Grill

Lecture: 1:30PM to 2:30PM (Know Your Numbers)

Fitness Class: Pilates 3:00PM-4:00PM

Free Time: 4:00PM to 6PM

Dinner: 6PM – 7PM

Welcome Mixer with Megan-Mack

Spa Director Sheryl Shufelt discusses the essential oils and the natural active ingredients in the Decleor products used at the Waterfall Spa. During your stay you will receive your choice of one of three treatments.

Tuesday:

7AM Morning Stretch, Breakfast and

Lecture 7:30-8:30AM (Eating Sensibly)

8:30 Travel to Cornell Plantation to see the more than 100 year old massive Rhododendron Bushes in full bloom.

Lunch: 12PM to 1PM in the Acorn Grill

Lecture: 1:30-2:30PM (Beginning Exercise Principles)

Fitness Class: Zumba 3:00-4:00PM

Review Biometric Screening results or Free Time

Dinner: 6PM

Review Biometric Screening results

If you have already done this there is a TurboFire Class at 7PM every Tuesday and Thursday in the Charles Baker Room-Try it – so much fun!

Lecture: 1:30-2:30PM (Beginning Exercise Principles)

Fitness Class: Zumba 3:00-4:00PM

Review Biometric Screening results or

Free Time

Dinner: 6PM

Review Biometric Screening results

If you have already done this there is a TurboFire Class at Hope Lake Lodge 7PM-8PM Tuesday and Thursday evenings and you are welcome to participate

Wednesday:

8:15 AM Water Aerobics

Breakfast 9:15-10:00AM

Lecture 10:30-11:30 (Hot Topics in Nutrition)

Lunch: 12PM-1PM Acorn Grill

Lecture: 1:30-2:30PM (Stress: The Constant Challenge)

Fitness Class: Yoga 3:00PM to 4:00PM

Free Time: 4:15PM to 6PM

Dinner: 6PM to 7PM

Speaker Marie-Josie Shaar, Best Selling wellness author of Smarts & Stamina, Fitness, health and wellness for busy people

Thursday:

7AM Stretch & Breakfast at the Adventure Center

Transportation to Hike Buttermilk Falls

Keynote Speech with Lunch Aboard 11AM-1PM Cayuga Lake Cruise Line" Humor and Health" by Shawna R. Dosser, MS CWPM, CSSGB, President & CEO, BWI Health Promotions

Health Educator & Exercise Physiologist, Certified Wellness Program Manager, Certified Lean Six Sigma Green Belt.

Shawna is a motivational speaker, bringing enthusiasm, fun and learning to the forefront.

2:30PM – 4:00PM-Teambuilding with Megan-Mack Nicholson, MS, ESOE, Level 1 Certified Facilitator and Twin Creeks Challenge Course Director at the Adventure Center.

6:00PM Dinner & Socializing

Friday:

Breakfast served 7:30AM-10:00AM- Check out 11AM