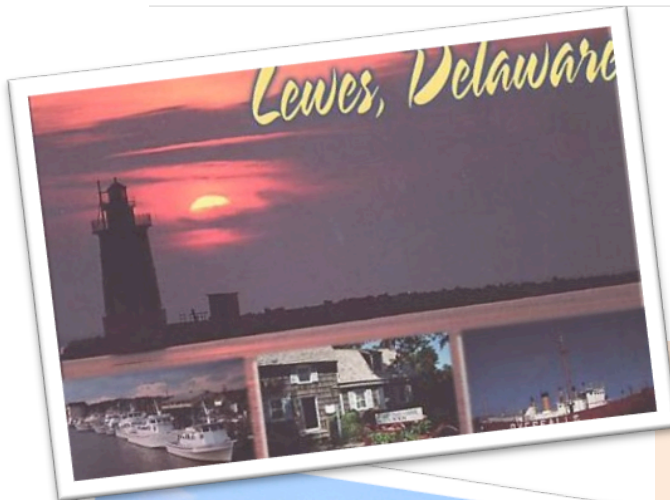


2nd Annual Women's Self-Renewal Beach Retreat



Join Deborah Coulston, MA, MATS, LMFT
for this 3 night, 4 day retreat, over the
Columbus Day weekend,
Friday, Oct 11th - Monday, Oct 14th.

Renew body, mind, heart and spirit.

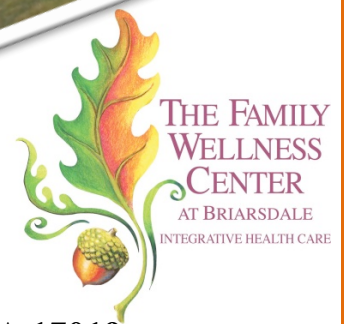
Discover the transformational power
of Self-Care and create a new blueprint
for designing the life you truly want.



- Renewal Retreat Program
- Three nights lodging
- Breakfast, lunch & healthy snacks

Learn to create a Vision Map
to manifest the life of your dreams!

*Bring your Inner Child
for a Weekend of Transformation!*



The Family Wellness Center 1000 Briarsdale Road Harrisburg, PA 17019

- Spacious beach front home with private decks & water views
- Gorgeous, serene and historic Lewes, Delaware
- Private bay beach in beautiful Cape Shores
- Next to Cape Henlopen State Park with over 5,000 pristine acres
- Six miles of ocean front with biking and walking trails
- Enjoy fishing pier with dolphin watch at sunrise and sunset
- Just steps from the beach

*Create a vision for your life
filled with Joy,
Abundance and Prosperity!*

**Learn to Rewrite Your Story
& Restore yourself**



*Perfect Setting to Reclaim
Your Heart's Desire!*

Cost includes the Therapeutic Renewal Retreat Program, all 3 nights lodging, plus breakfast, lunch and healthy snacks during retreat. Drumming, Yoga & Belly Dancing classes also included! Plan to cook your own evening and Monday meals, or enjoy the local cuisine of Lewes and Rehoboth.

Renewal Retreat Program begins Friday October 11th at 1pm and concludes Sunday evening October 13th at 6pm. Sunday night through Monday you are free to enjoy the blessings of the beach and continue your journey of transformation.

***Meals are mostly
sugar, dairy & gluten free!***

PLEASE CHOOSE:

☐ Vegetarian ☐ Vegan ☐ Gluten Free ☐ Other _____
Complimentary Wellness Chiropractic ☐ Yes ☐ No
Massage (Additional Charge) ☐ Yes ☐ No

Name _____ Street Address _____

City _____ State _____ Zip _____ Phone # _____

Email _____ Form of Payment ☐ Cash ☐ Check ☐ Credit Card

Credit Card # _____ Exp Date ____/____/____ Security Code _____

Please drop off or mail registration form and payment to:

The Family Wellness Center, 1000 Briarsdale Road, Harrisburg, PA 17109

Call 558-8500 with any questions.

Cost is \$549

\$200 Deposit (non refundable)

Balance due September 14, 2013

****You'll need to bring your own towels and linens!***