



Reserve your spot today!

Women's Wellness Week package rates include program activities, room, meals and taxes. (Optional activities, including kayaking, paddle boarding, facials, massages, nail treatments and biking, are priced separately.)

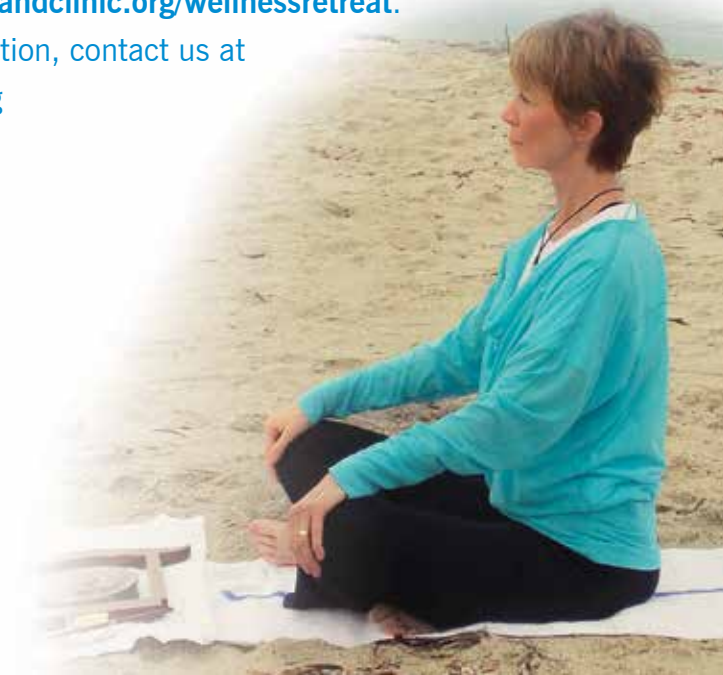
Check-in: Friday, Nov. 3, 2017, at 4 p.m.

Check-out: Friday, Nov. 10, 2017, by noon.

A deposit is required; the remaining balance is due upon check-in.
Credit cards only, please.

To register for Women's Wellness Week or to learn more, visit clevelandclinic.org/wellnessretreat.

For more information, contact us at ferrand2@ccf.org



Cleveland Clinic Wellness
1950 Richmond Rd., TR2-348
Lyndhurst, OH 44124



TANYA I. EDWARDS, MD, CENTER FOR INTEGRATIVE AND LIFESTYLE MEDICINE

Women's Wellness Week

A week of restorative, healthy living
on the Gulf of Mexico



Nov. 3-10, 2017

'Tween Waters Inn Island Resort and Spa
Captiva Island, Florida

Renew.
Replenish.
Rediscover.
Relax.
Recharge.

Get ready to be empowered! Join us for Women's Wellness Week — a complete program that encompasses mind, body and spirit. You'll absorb life-changing information from integrative and lifestyle medicine experts on women's health. You'll learn lifestyle strategies to manage stress, improve health and recharge your life.

Throughout your stay, you'll hear the latest on fitness, nutrition, dietary supplements, stress management and wellness as you soak up the sun and enjoy the white sand beaches of Captiva Island, Florida. You'll enjoy delicious gluten-free cuisine featuring anti-inflammatory, immune-boosting foods. After seven days, you'll return home energized, with a renewed sense of well-being!



Each day brims with possibilities:

Early morning

Welcome the dawn with your choice of tai chi or yoga. Enjoy a healthy breakfast to energize your day.

Mid-morning

The core of Women's Wellness Week is our Functional Fitness Program. Whatever your fitness level or skill, you will benefit from this daily regimen, which includes core conditioning, cardio-conditioning, flexibility and balance training, and strength training. Our teaching method provides personal attention.

Afternoon

Fill your afternoon with a tasty salad bar lunch and a wide array of optional activities. Personalize your experience with any of the following:

- Tea time
- Water fitness
- Wellness presentations
- Bicycling*
- Facial*
- Kayaking*
- Massage*
- Manicure-pedicure*
- Paddleboarding*

*These optional activities are priced separately.

Evening

A spa cuisine dinner and wellness presentation, Ask the Experts panel discussion, sunset gathering or dance will highlight each evening.

To learn more about 'Tween Waters Inn Island Resort and Spa on beautiful Captiva Island, Florida, visit tween-waters.com or call 800.223.5865.

