Women's Wellness Week
Nov. 10-17, 2016
'Tween Waters Inn Island Resort and Spa, Captiva Island, Florida

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

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: Thursday, Nov. 10, 2016, at 4 p.m.
Check-out: Thursday, Nov. 17, 2016, 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

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

Cleveland Clinic
Wellness
1950 Richmond Rd, TR2-348
Lyndhurst, OH 44124
Renew.
Replenish.
Rediscover.
Relax.
Recharge.

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:

• Water fitness
• Journaling
• Kayaking*
• Paddleboarding*
• Bicycling*
• Facial*
• Massage*
• Manicure-pedicure*
• Fashion show

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.

Each day brims with possibilities:

Early morning
Welcome the dawn with your choice of meditation, 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 for:

• Beginning participants, who are new to exercise or are recovering from surgery, injury or illness
• Intermediate participants, who exercise occasionally and have some experience with a fitness program
• Advanced participants, who exercise regularly

*These optional activities are priced separately.