



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOMEN'S WELLBEING RETREAT: TRANSITIONS

**Sunday, February 2 at 4pm –
Wednesday, February 5, 2020 at 11 am**

\$475 per person

Are you on the parenting track with new issues at every turn? Facing an empty nest, job loss, retirement or the loss of a significant relationship?

Join like-minded women of all ages and delve into the common threads of transitions and the unique joys and challenges they present. We will explore strategies to recalibrate at each critical juncture along your life path. Small and large group activities and discussions, a fun dose of art, music, nature, moving our bodies indoors and out, quiet time and space to reflect and recharge with greater clarity and hope.

Registration available soon!

Includes:

- 3 nights lodging - private rooms
- 8 meals, snacks & beverages
- Program materials
- Group facilitation
- Guest entertainment
- Yoga
- Skiing & snowshoeing
- And a relaxing sauna!

For an additional fee:

- Massage - Fee paid to the massage therapist at camp.
- A day extension may be arranged after the retreat. No food service will be available during this time but cabins do have full kitchen facilities.

To register and learn more visit dunord.org

YMCA Camp du Nord | dunord.org | 612-822-2267 | info@dunord.org



 *Kim Keprios*

MEET KIM KEPRIOS: FACILITATOR

Kim brings her passion, creativity, energy and dedication to improving lives, bringing people and communities together and creating positive change. She demonstrated this throughout her successful 33 years as CEO of The Arc Greater Twin Cities and Arc's Value Village Thrift Stores and is doing the same in her encore career leading retreats and providing executive and life coaching.

kimkeprios.com