



Women's Wellness Weekend

5.15 - 5.17.2020

Calling all moms, sisters, grandmothers,
cousins, girlfriends, and women of all kinds!

A weekend full of fun and rejuvenation!

This weekend is designed for women 18+ to experience self-care in the great outdoors. Bring your friends and make some new ones as you take some time to focus on yourself (for once!)

Activities include Zumba, morning yoga, mindful eating lessons, essential oil making, evening camp fires, nature hikes & cycling, sound bath energy meditation, self-care inspiration sessions & more!

To purchase tickets or to view full list of activities, visit:

eastersealsnj.org/weekend



Sign up today!

\$250 pp for full weekend
\$185 pp if you bring a friend
\$100 pp, Saturday only 9 am to 9 pm

