

**STRONG FOR LIFE
WOMEN'S WELLNESS RETREAT
2019**

I hope everyone is as excited as I am for the upcoming Women's Wellness Retreat in Mission Bay, San Diego.

DATE: June 3rd - 5th, 2022

LOCATION: Catamaran Resort and Spa
3999 Mission Blvd
San Diego, CA

The retreat will begin on Friday, June 3rd at 6:00 p.m. The retreat will end by noon on Sunday, June 5th, 2022.

Please meet in the lobby of the Catamaran. We will tour the grounds and have our opening meeting.

You do NOT need to be dressed to workout.

The following is a list of suggested items to bring. Remember, this is the beach so the weather can be cool or warm!

1. Running or walking shoes
2. Comfortable clothes for working out (enough for both days)
3. swimsuit
4. sunscreen
5. snacks (bars, fruit, Gatorade, etc.)
6. sweatshirts
7. water bottles
8. hat or visor

Looking forward to seeing everyone and please feel free to contact me with any questions you may have.

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