

Wellness Retreat Itinerary

Be Well Be Whole & R.O.C.K.

Retreat (All sessions will take place at Cedar Lodge unless indicated.)

Friday, March 18, 2022

4:00-6:00 pm: Room check-in available. If checking in later, e-mail aw7days@gmail.com

6:00-6:45 pm: Cooking Class with food samples.

Learn how to make easy nutritious plant-based cuisine- Nicole

7:00 pm: Welcome Dinner & Welcome Presentation, Dr. Julie Hayek and Nicole Braxton

Saturday, March 19, 2022

9:00-10:00 am: Breakfast

10:00-10:50 am: Renewing Your Mind Spiritual Wellness Presentation

10:50-10:59 am- Break

11:00 am-12:00 pm: Natural Remedies to Heal Workshop, Dr. Julie Hayek

12:00-1:00 pm: Lunch

1:00-3:00 pm: Nature Break (Unwind & Connect in Nature)(Personal Time)

- Visit the Nature Center
- Walk the boardwalk, which looks over a beautiful 100-acre private lake
- Relax and rest

3:00 pm NEW START- Learn keys to help restore and restart your life

4:00 pm: Break

4:30-5:45 pm: Weight Loss & Diabetes Health Workshop, Dr. Julie Hayek & Bamiji

6:00 pm: Dinner

7:00 pm: Social Hour (Snacks, Tea and Social Activities will be provided.)

Sunday, March 20, 2022

7:15-8:15 am Workout Session (All Levels)

Led by Certified Personal Trainer, Bamiji Ibrinke

9:00 am Check out of rooms

9:30 am Breakfast

10:00-10:15 am Closing Presentation & Goal Setting (Bamiji, Dr. Julie & Nicole)

11:00 am-12:00 pm Horseback Riding or visit the Store for keepsakes (Store is located in Eagle Lodge)