

Arrowhead Camp Women's Weekend

September 13-15th, 2019



**For Grandmothers, Mothers, Daughters,
Sisters, Aunts, Cousins, and Friends!**

Experience a fall weekend in beautiful Muskoka - Camp style! Workshops and activities are open to all skill levels, and there is something for everyone to enjoy!

1

CONNECT

With old and new friends, and yourself!

2

EXPLORE

New activities, nature, and fresh possibilities!

3

RELAX

Make the weekend yours!



Register Online
<https://arrowheadcamponcampbrainregistration.com/Home/Landing>



2019 Participant Fee
\$200 + HST
Ages 16-106
Price includes meals, accommodation, and activities
Website: <https://www.arrowhead.on.ca/womens-weekends/>

Contact Becca for more information:
becca@arrowhead.on.ca

Workshops/Activities

Participation is entirely voluntary, so feel free to just soak in the scenery and read a book in one of our Muskoka chairs!

The Four Pillars with Alison Dumont

"To strive for better" is the platform from which Alison aims to continually propel forward. Nutritional excellence and optimal wellness; her ultimate goals. With 17 years in health care, Alison has dedicated her professional life to helping others thrive. Educated at the Canadian School of Natural Nutrition, and studying Health Sciences at Western University, Alison has a keen understanding of human physiology and the psychology behind wellness. She has a thriving private holistic nutritional counselling practice in Huntsville, Ontario. Through public presentation, she shares her contagious passion for health with fellow seekers.

Drum Fit with Sandy Inkster

Join Sandy in a non-competitive, all inclusive workout that combines cardio, muscle conditioning, balance and flexibility all with the fun of drumming!

Make Beeswax Wraps

We're jumping on the 'Green' bandwagon to reduce our plastic use! Learn how to make your own beeswax wraps for food storage!

MASSAGES (ADDITIONAL CHARGE)

Our RMT's are committed to creating a unique massage treatment for each person's needs by drawing on their multiple years of professional experience and intuition.

PLUS: Take full advantage of Arrowhead Camp's site and facilities!

Canoeing, Tennis, Ping Pong, Basketball, Kayaking, Mountain Biking, Swimming, Sailing, Hiking, Baseball, Volleyball, Waterskiing, Bocce Ball, Fishing and Archery!



Women's Weekend Favourites

Yoga

Relax your mind, body, and spirit as you are guided through a restorative hour of yoga with each of our knowledgeable yoga instructors. Please bring a mat if you have one!

Crafts and Pickle Ball with the Swingers

Sisters, Pam and Wendy, always have a special craft planned for your enjoyment. New this year they will be running Pickle Ball for Beginners as well!

Fitness with Katie Whilmshurst

Be prepared to work up a sweat as Katie's exciting energy and friendly push motivates you to reach your full potential!

