

Do you love the outdoors, but can't find time to enjoy it? Are you tired of your typical weekend ...errands, laundry, kids, cleaning, chores...the same old thing.

**Have we got the Perfect Escape for You!**

This is an opportunity to stretch your wings and try something new and exciting in a setting that encourages comfort and fun in the outdoors. It's like a weekend camp for grown ups!

Come to the second annual Women's Outdoor Wellness event that is being sponsored by the Carlisle Family YMCA and the Women in the Outdoors Committee of the PA State Chapter of the National Wild Turkey Federation.

Learning new outdoor skills, meeting people with similar interests and spending time with family and friends is what the Women in the Outdoors program is all about.

If you've never attended a Women in the Outdoors event, you're in for a real treat! Come prepared for a fun time, in a relaxed, non-competitive environment.

Throughout the weekend, you'll also have the opportunity to go creek walking, canoeing, swimming (weather permitting) and the alpine tower swing.

**For additional information, contact:**

Tammy Mowry (724) 284-9201

Email: [tammynwtf@zoominternet.net](mailto:tammynwtf@zoominternet.net)  
OR

Bonnie Berk, RN, MS, RYT (717) 258-4641

Email: [bberk@carlislefamilyymca.org](mailto:bberk@carlislefamilyymca.org)

**We'll have Raffles,  
Silent Auction  
and Door Prizes  
throughout the weekend**

**Registration for this getaway is**

**\$125 (Saturday only) includes:**

- ◇ Choice of 5 expertly instructed classes
- ◇ Equipment and materials needed for use during classes
- ◇ Saturday breakfast and lunch
- ◇ 1-year subscription to the Women in the Outdoors Magazine
- ◇ 1-year membership to the Women in the Outdoors

**OR**

**\$235 (weekend) includes:**

- ◇ Choice of 5 expertly instructed classes
- ◇ Equipment and materials needed for use during classes
- ◇ Friday supper
- ◇ Saturday breakfast, lunch, supper, and snacks
- ◇ Sunday breakfast
- ◇ Sleeping accommodations for 2 nights in cabins which contain bunk beds. Lodging will be assigned as applications are received. Bring a sleeping bag, pillow, towel/washcloth and personal toiletries.
- ◇ 1-year subscription to the Women in the Outdoors Magazine
- ◇ 1-year membership to the Women in the Outdoors

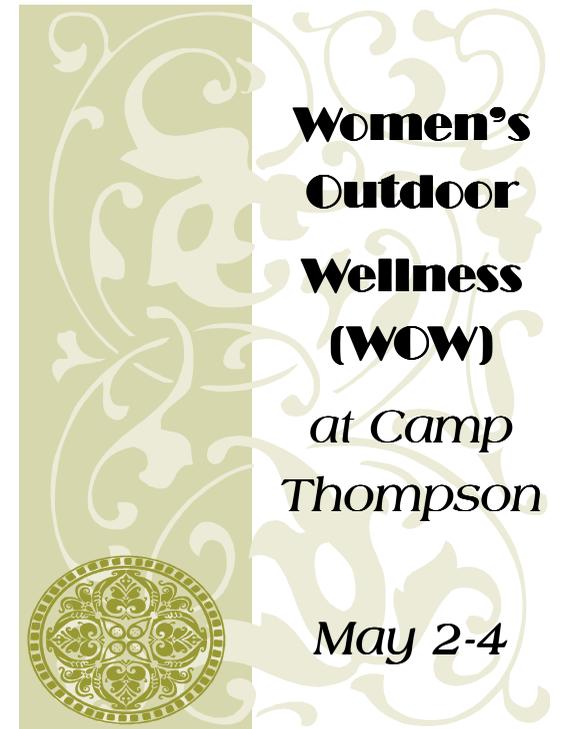
**Class Descriptions**

**Archery:** Learn about this fast growing sport. Do you want to learn backyard recreation, competitive target shooting, or maybe you want to go bow hunting? You will learn how to select equipment that fits you. There will be lots of hands-on instruction. Experience the thrill of hitting the target!

**Map and Compass:** You will learn how to navigate using a map and compass and learn how to interpret topographic maps and route selection. You'll have the opportunity to try out your new found skills too!

**CLASSES CONTINUED ON INSIDE**

Carlisle Family YMCA  
311 S. West Street  
Carlisle, PA 17013



**Women's  
Outdoor  
Wellness  
(WOW)  
at Camp  
Thompson**

**May 2-4**

Walnut Bottom



Radiology

(717) 245-0071

**Y TOTAL HEALTH**

We build strong kids, strong families, strong communities.



Pennsylvania State Chapter  
National Wild Turkey Federation

**Backyard Habitat:** Discover how to encourage wildlife by using feeders, houses, and various native plant variety, while restoring habitat and adding beauty at the same time.

**Skin Care for the Busy Woman:** — In this class, the Aesthetics Gallery in Carlisle will cover preventative care, warning signs of skin cancer, treatment of damaged skin as well as treatment for skin as we age.

**Animal Chakra Meditation**—Terry Boegel will instruct this class. Through meditation, go within each of your seven energy chakras and find the animal energy for each one. Make your own “animal totem pole” to access animal energies to help guide you on your path to self-actualization.

**Making a Life while Making a Living**—Too many of us work at jobs that often do not take into account our passion, but simply our skills. This workshop will help women explore ways to make themselves “come alive” through their career choices. Adis Vila, Esq. Will instruct this class.

**Aromatherapy as a Stress Management Tool** — Linda Weinbrecht, CCAP will help us explore the use of essential oils and breath-work to make them part of your wellness toolbox. This is an experimental class with recipes included. A great way to reduce stress!

**Wild Edible Week Walk** — Take a walk in the woods with Dawn Cherry who is a master gardener and discover the abundance of nourishment from commonly found weeds.

**Keeping Peace in Our Hearts** — Linda Gareh– Applegate will lead us through a series of exercises taken from different techniques and traditions, such as Discovery Exercises from The Radiance Technique®, Authentic Reiki®, Qi Gong exercises from Traditional Chinese Medicine and exercises from the practice of Psych-K, we would come to a place of inner peace within our hearts. These quick and simple exercises are something that can be done at home in times of stress to bring us back to that still, peaceful place that resides within our hearts.

**Essential Oil Basics and Beyond:** Come explore the healing power of essential oils with Quin Stringham, a natural health and wellness consultant. This class offers both basic and advanced instruction (some hands on) for understanding and using therapeutic grade essential oils effectively. Some techniques include jump starting for acute conditions, stimulating the first cranial nerve to activate brain function, enhancing the energy of an essential oil and driving it into the skin, using oils to relax or to enhance detoxification.

**Group Acupuncture for Relaxation:** Experience acupuncture for hands, feet and ears in a group setting and explore the many health benefits this ancient Chinese medicine system can offer you. This class will be presented by Ruth Busko, M.Ac.,L.AC.,Dipl.Ac.

**Birding 101:** A must for beginner birders. Learn the basics of bird identification, field guide, and equipment selection. Bring your binoculars for the field session!

**Saying Yes to You:** Do you ever feel overwhelmed by life and aren't sure where to turn for answers? Look no more for everything you need is right inside you. All it takes is saying “yes” to reconnect with your inner wisdom that is always there. If you're ready to meet your soul and receive guidance from the universal intelligence that is available to all, then please join a “Circle of Love” led by Melissa Brehm. (blanket/yoga mat, pillow and journal are recommended)

**Hiking Yoga:** Take a hike and learn ways to incorporate yoga poses to feel strong, stretched, and centered along the way. Great for all levels of fitness.

**Pranayama:** Start your weekend with breathing exercises. Pranayama can help to cleanse your system, increase the flow of energy in your body and clear your mind. Join Michele Landis, HHC, certified Kripalu Yoga Instructor for a great start to a great weekend. (This class will be available Saturday morning).

### Friday Evening

**“ZUMBA” DANCE PARTY. All are welcome to attend. No registration necessary.**

ZUMBA is a fusion of Latin and International music — dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be “FUN AND EASY TO DO”.

### Saturday Evening

Sit around the campfire, eat s'mores and listen to poetry readings from Cathy Coleman's new book: *Treasures of the Heart*. Weather permitting: there will also be a stargazing activity.

### Optional Spa and Health Counseling Services Available

**Massages** (\$35 for 1/2 hour or \$65 for 1 hour) Swedish massage is the traditional muscle and soft tissue treatment that decreases tension, increases circulation, and improves range of motion for your entire body. Be sure to indicate your choice on the registration form.

**Reflexology:** (\$35 for 1/2 hour or \$65 for 1 hour) Reflexology is an ancient healing art based on the understanding that there are reflex areas on the feet that correspond to all the systems and organs of the body and massage to these areas assists in restoring balance. Be sure to indicate your choice on the registration form.

**(Massage and Reflexology appointments must be indicated on the registration form and pre-paid. Gratuity may be given directly to the therapist.)**

Michele Landis, HHC will be offering free Health Consultations throughout the day on Saturday. Your 45 minute personalized session will help you learn how to improve your overall health and well-being. This is a time to discuss your health history, your concerns and goals, as well as what you have always imagined for your life.

To ensure your registration is processed accurately, please register only one person per registration form **(copies may be made)**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Email Address \_\_\_\_\_ **(confirmation letter will be emailed if email address is given)**

New member \_\_\_ Renewal member \_\_\_ Membership Number \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Phone ( ) \_\_\_\_\_

Room with: \_\_\_\_\_

### Payment Method (cash, checks, and credit cards will be accepted)

- \$ \_\_\_\_\_ **Registration fee** (Weekend \$235 or Saturday only \$125)
- \$ \_\_\_\_\_ If you would like to upgrade Saturday to include supper and the activities, additional fee of \$50)
- \$ \_\_\_\_\_ Massages \_\_\_\_ x \$ \_\_\_\_ = \_\_\_\_\_
- \$ \_\_\_\_\_ Reflexology \_\_\_\_ x \$ \_\_\_\_ = \_\_\_\_\_
- \$ \_\_\_\_\_ I can't attend, but I want to renew my Women in the Outdoors membership (\$25)
- \$ \_\_\_\_\_ TOTAL

Make check payable to: **Carlisle Family YMCA**

- **Charge my credit card number:** \_\_\_\_\_

**Circle one: Visa M/C Discover AMEX**

**Exp. Date:** \_\_\_\_\_ **Card ID Number:** \_\_\_\_\_

(The 3-digit number is located on the back of your card, usually at the top of the signature area)

Signature: \_\_\_\_\_

**(Please bring your credit card along)**

### Option 1: Weekend: Registration fee is \$235.

Participants may choose to arrive around 6:00 p.m. A buffet dinner will be provided Friday evening. Upon arrival you will receive your room assignment and your personal schedule for the weekend. The evening program will begin at 7:00 p.m.

### Option 2: Saturday Only: Registration fee is \$125. If you would like to upgrade your Saturday registration to include supper and the evening activities, an additional fee of \$50 is required.

Arrive between 8:00 and 8:30 a.m. Upon arrival you will receive your personal schedule for the day.

**Directions to Camp Thompson, confirmation letter, and items to bring with you will be provided upon receipt of your paid registration.**

**Early to Bed** \_\_\_\_\_

**Night Owl** \_\_\_\_\_

Please rank your top 8 choices.

\_\_\_\_\_

#1 \_\_\_\_\_ #2 \_\_\_\_\_

\_\_\_\_\_

#3 \_\_\_\_\_ #4 \_\_\_\_\_

\_\_\_\_\_

#5 \_\_\_\_\_ #6 \_\_\_\_\_

\_\_\_\_\_

#7 \_\_\_\_\_ #8 \_\_\_\_\_

\_\_\_\_\_

#7 \_\_\_\_\_ #8 \_\_\_\_\_

\_\_\_\_\_

#7 \_\_\_\_\_ #8 \_\_\_\_\_

\_\_\_\_\_

Demonstration equipment will be provided for your use. Feel free to bring your own bow, binoculars, fishing gear, compass, etc. Classes are outdoors and hands-on. For safety and comfort, please bring clothing suitable to a variety of weather.

**Please Note:** Organizing the WITO event takes place months in advance, and every effort is made to offer all scheduled classes. However, due to circumstances beyond our control, instructors, topics, and schedules may change. In the event of an unforeseen cancellation, participants will be placed into an alternate class.

**No refunds after April 15. You may send a substitute.**

### Send check and registration to:

Bonnie Berk, RN, MS, RYT  
Carlisle Family YMCA  
311 South West Street  
Carlisle, PA 17013



Scholarships made available by AmeriHealth Mercy Health Plan.