FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FROST VALLEY YMCA

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Frost Valley Hosts Annual Women's Wellness Weekend

Three days of connection, relaxation and wellness- just for women!

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CLARYVILLE — Frost Valley YMCA invites women to the beautiful Catskills Mountains from **March 31- April 2, 2017** to relax their spirt, mind, and body; connect with old and new friends; and enjoy a weekend made for them!

This weekend away in the beautiful Catskills is offered for women to treat themselves to better overall wellness! Guests will participate in Zumba, dance classes, nature hikes, and other invigorating classes, or relax with yoga, aromatherapy, and meditation. Guests will have the opportunity to explore their creative side with pottery, vision boards, or group drumming. Guests will also learn from inspiring instructors and teachers who will discuss stress management, organic skin care, financial health, and achieving inner- all in a safe, supportive environment.

"We are very excited to host our annual Women's Wellness Weekend," says Carmel Dorn, who works in Frost Valley's Group and Family Retreats department. "We have seen numerous women attend this weekend and transform their lives. They know that a visit to Frost Valley is truly a chance to get away from it all. After just three days of wellness, they leave relaxed and refreshed!".

During this all-inclusive weekend, nourishing meals are provided, and as always, Frost Valley offers a variety of delicious options to accommodate nutritional needs and restrictions of nearly every sort. A variety of lodging is available, from hotel-style lakefront accommodations, to rustic cabins, to lodges for multiple groups.

If you're interested in joining the event, contact Frost Valley soon, as spaces will fill up quickly.

You can find more information at frostvalley.org or by calling 845-985-2291, ext.450.

Photos and interviews are available upon request. Please contact Director of Marketing and Communications Amanda Hinski at AHinski@FrostValley.org

About Frost Valley YMCA
Frost Valley YMCA is a values-driven organization that fosters youth development, healthy living, and social responsibility through outdoor educational and recreational programs for all. Located in the heart of the Catskill Mountains, Frost Valley provides year-round access to nature and fun through programs such as summer camp, adventure trips, farm camp, equestrian programs, group and family retreats, school trips, teambuilding and more. Frost Valley is guided in this pursuit by its core values which serve as pathways for guests as they bond with nature and each other: Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.

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