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**Frost Valley YMCA**

## **Frost Valley Hosts Annual Women's Wellness Weekend** Three days of relaxation, connection, and wellness in the Catskills!

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CLARYVILLE — Frost Valley YMCA invites women to the beautiful Catskill Mountains from **March 29-31, 2019** to rejuvenate their mind, body, and spirit. Women will gather from near and far to connect with old friends, make new ones, and enjoy a host of classes designed just for women to be mentally, physically, and spiritually rewarding.

This weekend away in the gorgeous Catskill Mountains is offered for women who want to treat themselves to better overall wellness. Guests can relax their minds and bodies with meditation, massage, and acupuncture. Classes like pottery, watercolor painting, and glass etching will ignite the artist within, allowing guests to express themselves in new ways. They will participate in invigorating dance classes like Hula Hoop Dance Fitness or take nature hikes to scenic visits. Guests will also learn from inspiring instructors and teachers who will discuss topics like stress management, organic skin care, financial health, and achieving inner-peace in a nurturing, supportive environment.

"It is a gift to see the scenery that surrounds this beautiful setting. But what makes Frost Valley YMCA truly unique is the people who invite you into their lives by giving you a sense of family and a genuine interest in making your stay enjoyable. The greetings from the staff are always accompanied by a smile; their (how can I help you) questions are always from the heart; and the workshops at the Women's Wellness Weekend are always filled with learning and a refreshing perspective," said Gracanne Ryan, a former Women's Wellness Weekend participant.

During this all-inclusive getaway, nourishing wellness cuisine is prepared to accommodate a wide range of nutritional needs and restrictions. A variety of lodging is available from hotel-style lakefront accommodations to rustic cabins, to lodges perfect for large groups.

Anyone interested in attending this retreat is encouraged to contact Frost Valley as soon as possible since spaces fill up quickly. For more information go to [frostvalley.org/womenswellness](http://frostvalley.org/womenswellness) or call 845-985-2291 ext. 450 to make reservations.

**Photos and interviews are available upon request.** Please contact Chief Marketing Officer Amanda Hinski at [ahinski@frostvalley.org](mailto:ahinski@frostvalley.org).

**About Frost Valley YMCA:** Frost Valley YMCA is a values-driven organization with a mission to foster 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, family weekends, school trips, teambuilding and more. Frost Valley, a not-for-profit organization

chartered through the YMCA of the USA, 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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**Photo:** Frost Valley YMCA Women's Wellness Weekend.jpg