

North Bend State Park WOMEN'S GET-A-WAY WEEKEND



March 27 – 29, 2009

Friday, March 27th

- 4 p.m. **Check-In and Registration**
Make appointments for spa/massage/facial services if not yet made
Order your lunch for Saturday. Pick up all meal tickets. Sign up for exercise classes.
Sign up for personal or health psychic readings
Dinner is own your own tonight. Lodge Restaurant is open until 9:00 pm tonight.
- 4 – 8 p.m. – Massages by appointment
- 5:30 – 6 p.m. **Anytime Fitness – Stretching / Yoga class** with Mischa Johnson.
- 7 p.m. **Book Review** – Experience the unexpected from this Librarian, Theresa Prunty who will entertain and enlighten with her unique style! Bring your own favorite poem or better yet, a poem you wrote! Share with the group around the fireplace.
- 9 p.m. **Meet and Greet!** with Lee's Studio consultants, water color instructor Lynda Rhodes, and more!
This is a wonderful opportunity to ask questions and get to know each other! Refreshments provided.

Saturday, March 28th

- 7 – 10 a.m. Breakfast Buffet*
- 8 – 8:30 a.m. **Pep up with Pilates** beginner class with Mischa Johnson to a new and exciting way to get you moving
- 9:30 a.m. **Lee's Make Up Class** – complimentary class! Join internationally renowned make-up artist and esthetician, Lee Eric Rector to learn the newest techniques from Merle Norman's new Spring Color Collection! Spruce up your "look" by identifying what you need in your beauty arsenal.
- 9 a.m. – **throughout the day – pamper yourself**
Indulge in spa services offered through Lee's Studio. By appointment only.
Massage - \$60 hr; \$30 ½ hour - Spray Tanning \$35 - Euro-Facials \$75 - \$100 - Manicures \$20 - Pedicures \$40 - Hair Cuts \$35 - Brow Bar Waxing and Shaping \$15 and up
- 10:30 -11:30 a.m.-
Speaker Georgia Rudolph, psychic – Individual readings may be scheduled with her before and/or after her presentation. Spaces will be limited – readings last approximately ½ hour.
- Noon – **Lee's Flatter Your Figure Seminar and Show and Lunch***
See the latest fashions and learn how to dress for your individual shape. Accentuate the positive. Lee Rector will speak and show some clothing ensembles that will help you look and feel your best!
- 2 p.m. – **Chef Jim's Cooking Class**
- 3 – 5 p.m. **Lynda Rhodes Watercolor Class** Materials & instruction 2 hrs, \$22.
- 5:00 – 6:30 – **Dinner Buffet***
- 7:00 – 10:00 – **CASINO NIGHT**
Light Refreshments provided. Fun money for fun times. Spend your 'fun won' loot on wonderful prizes

Sunday, March 29th

7 – 10 a.m.

Breakfast Buffet*

Appointments ongoing for massage/facials/services as needed until Noon.
Check out of Lodge Rooms at noon.

Women's Get-a-Way Weekend Package Rates

1 person, 2 nights lodging, 4 meals, and activities – \$176.00

2 people, 2 nights lodging, 4 meals, and activities – \$245.00

3 people, 2 nights lodging, 4 meals, and activities – \$325.40

4 people, 2 nights lodging, 4 meals, and activities – \$405.80

Package rates include

Lodge rooms for two nights, 4 meals*, 2 snacks, exercise classes, flatter your figure, cooking class, book review, Georgia Rudolph seminar, nature hike and casino night, applicable taxes and meal gratuities. Package rate does not include spa treatments, hair cuts or other pay as you go activities as listed. Call Gayle McGuffey, package coordinator for details. Ask about our cabin rates!

Please note times and activities are subject to change - dates will not.



Join us for a great weekend of activities and pampering or simply to relax.

– Gayle

North Bend State Park
Rt. 1, Box 221 • Cairo WV 26337
(304) 643-2931
www.northbendsp.com