

50 North Travel & Wellness Center



Fitness Retreat!

Join **Annie Hayes**, Healthy Living Nutrition Coach and Personal Trainer for a fantastic fitness retreat!

APRIL 17-18, 2020



Maumee Bay State Park & Lodge

ALL 50 North members WELCOME!
Sign-Up Deadline: March 31, 2020

Deposit: \$100



Retreat Includes:

We'll explore Whole Food, Plant Based, nutrition and fitness components to create optimal health and performance. We will enjoy Yoga, campfires, hiking, swimming, eating, laughing, and a Saturday lunch and wine tasting afternoon. Let's get refreshed and jump start summer!

TRIP COSTS

\$356 Single

\$299 Double

\$276 Triple

\$265 Quad

2 Breakfasts

2 Lunches

1 Dinner

1 Night Lodge

Transportation

Wine Tour

Campfire

Exercise

Yoga

Nature Trails

Nutrition Seminar

Beach Hikes/Jog

Meditation

Indoor Swim

New Friends



To make reservations contact: **Celia Stockton**, Travel Coordinator

339 E. Melrose Ave. Findlay, OH 45840

419-423-8496 x107

<https://50north.org/>