

Sample Total Wellness Retreat Agenda

Check In: Sunday | Check Out: Thursday

■ Day 1 | Arrival

- Check In
- Introductions and What to Expect

■ Day 2 | Food, Fitness & Foundations

- Fasting Blood Draw
- Breakfast & Morning Wellness Session
 - Lecture and discussion by HRRMC Physician
- Exercise Class
- Lunch & Learn
- Spa/Free Time/One-on-One Goal Setting Sessions
- Fitness Class
- Dinner
 - Prepared by retreat staff and participants
- Free Time

■ Day 3 | Disease Prevention Day

- Digital Disconnect and Morning Meditation
- Breakfast & Morning Wellness Session
 - Lecture and discussion by HRRMC Physician
- Exercise Class
- Lunch & Learn
- Afternoon Activity: Hiking
- Dinner
 - Prepared by program staff and retreat participants
- Free Time

■ Day 4 | Mindfulness Day and Setting Goals for Health

- Digital Disconnect and Outdoor Tai Chi
- Breakfast
- Morning Activity: Snowshoeing/Hiking
- Free Time to Enjoy Spa/One-on-One Sessions with Physicians and Program Staff
- Lunch & Learn and Wrap-up
- Free Time to Enjoy Spa/One-on-One Sessions with Physicians and Program Staff
- Dinner
 - Prepared by program staff and retreat participants
- Free Time

■ Day 5 | Check Out and Optional Activity

- Optional Participation in HRRMC's Full Cardiovascular Screening
- Check Out