



WELLNESS RETREAT

SEPTEMBER 20-22, 2019

Wellness includes revitalizing your body and mind. Learn how to reduce stress, incorporate healthier lifestyle choices, relax, and have a little fun! Walk away from this retreat feeling rejuvenated and refreshed.

Friday Night



Cost includes 2 night stay,
classes, & 3 buffet meals

Additional cost for the Sip and Paint: \$35

Double occupancy \$249_(Per Person)

Single occupancy \$329

As a hotel guest you will also have access to the Health Club and Olympic Size Pool during your stay.

Treat
yourself to a
little getaway
on Lake
Michigan!



- Yoga and Meditation
- Healthy Eating
- Essential Oils
- Nature Hikes



ILLINOIS BEACH
HOTEL

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