

Live Life Now

WELLNESS

RETREAT with

Dr. Ann



*Come spend an incredible day*

with Dr. Ann immersed in wellness in the stunning ecological wonderland of the ACE Basin.

Designated by The Nature Conservancy as “one of the last great places,” the Lowcountry’s ACE Basin is a magical place exuding with the reinvigorating energy of nature. The retreat will take place at Dr. Ann’s late 18th century farmhouse situated along the Combahee River on her Family’s nature preserve, Plum Hill Plantation.

This is the perfect opportunity and the perfect place to commit or recommit your life to the joys of healthy living!

9:00 AM - 5:00 PM

Yemassee, SC

**TO REGISTER: 843-329-1238 OR  
INFO@DRANNWELLNESS.COM**

# The Experience

- ❖ Dr. Ann's Complete *Live Life Now* Program
- ❖ Tour of Dr. Ann's Vegetable Garden
- ❖ Healthy Lunch Prep with Dr. Ann
- ❖ Farm-to-Table Lunch
- ❖ Nature Walk



\$425 per  
person

\*Please note all sales are final

"Thank you for sharing your knowledge and enthusiasm. I attended your retreat 01-19-18.

**That one day has changed my life.**

I have lost 50 pounds. I walk daily. I am a new person. You said it is never too late...

I am 66 years old and have not felt this good in decades!!! You are a blessing."

- Janice Burch

*It's never too late!*



## What does Dr. Ann's *Live Life Now* program provide?

Dr. Ann says it all in this totally comprehensive healthy living seminar, including **state-of-the-art guidance** for optimal nutrition, healthy lifestyle practices, and appropriate use of supplements. You will be educated, motivated, and entertained, but most importantly – **you will walk away with take-action-today inspiration as well as the knowledge and take-a ways\* you need to take charge of your health.**

\*Each attendee receives a comprehensive *Live Life Now* packet that includes detailed instructional handouts, a laminated Eat Right for Life® Grocery Shopping Guide, and copies from Dr. Ann's best-selling, award-winning Eat Right for Life® book series.



# What People Are Saying

*"I can't find the words to express what your retreat meant to me! The information you provided, and most of all, your gift of teaching it, has caused me to connect the health dots in my brain like never before. I feel empowered, hopeful, and excited! THANK YOU!" - Letha E.; Lexington, SC*

*"What a wonderful, "LIFE CHANGING" event to have such a special opportunity to be a part of!! Thank you from the very bottom of my heart!" - Loretta B.; Hemingford, NE*

*"I went and it was the best investment of my life. - Leighton C.; Greenville, SC*

*"The seminar was wonderful! And... it was such a thrill to meet you and spend time with you. It was a great success in every way. I feel very fortunate to have been a part of the first of what I know will be many successful retreats!" - Hayden Q.; Pawleys Island, SC*

*"Thanks for an outstanding retreat! The teaching session in your home about healthy eating and lifestyle was the best part! It gives all of us an opportunity to improve our health and happiness no matter how good or bad we are. Thank you so much for an amazing experience!!!" - John E., M.D.*

*"Presentation was A+. Loved being in your kitchen and peeking in the fridge. I could have stayed with you all day! It was wonderful." - Nancy D*

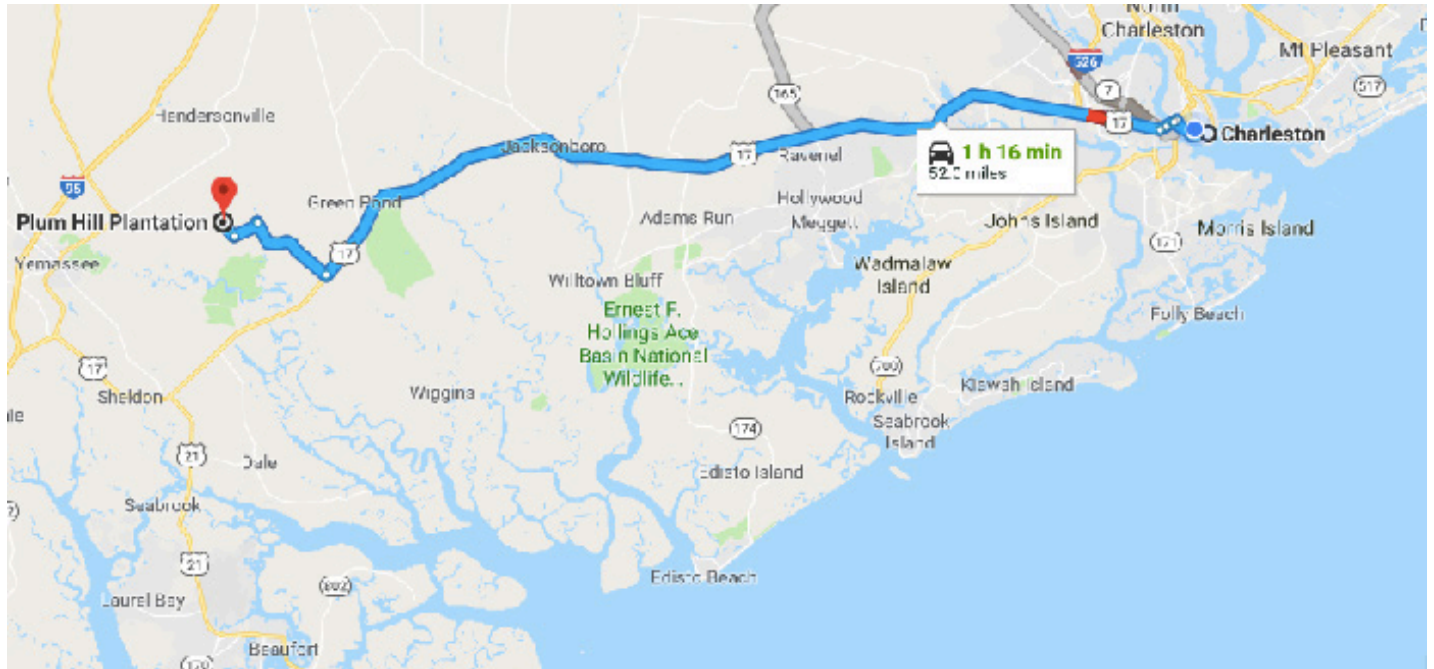
*"Dr Ann- I really enjoyed the seminar immensely and am trying to implement this new way of eating into my family regiment. You are a tremendous speaker and I enjoyed every minute. I have been talking about you ever since I got home so if your ears are burning, it definitely is because of me. Again, enjoyed enjoyed your seminar and highly recommend it to anyone of all ages." - Elaine T.; Charleston, SC*

*"It was an awesome presentation. Your passion in what you believe transcends to everyone who attends a retreat. I've made changes and will continue to incorporate more of them into my life for not only my benefit but for those I love." - Marcia P.; Charleston, SC*

# You May Be Wondering...

## *How do I get to Plum Hill?*

The retreat is a little over an hour southwest of Charleston. Once you register, your welcome email will tell you exactly how to arrive!



## *I'm not from Charleston. Where should I stay?*

If you are visiting from afar, please ask to see our list of recommendations for hotels and things to do. If you prefer to stay closer to the retreat, there's a Comfort Suites in Walterboro (about a 20 minute drive from Plum Hill) that's a great option.

\*Please know we're happy to answer any questions you may have by phone or email! 843-329-1238 or [info@drannwellness.com](mailto:info@drannwellness.com).