

Come join us for a weekend retreat focused on the health and wellness of women! This event is Friday March 29th – Sunday March 31st. There will be opportunities to adventure, cook, craft, or simply relax. Activities include paddle boarding, zip lining, kayaking, as well as workshops on cooking, yoga, and meditation. Housing and meals are included in the pricing. Day use options available.

There is a discount available for Orcas Island community members of \$10 off the day use pricing, and \$50 off the overnight pricing. Email Abbey Neat at aneat@seattlymca.org or call (360) 376-2678 for discount codes and for any further questions.

Register online at

<https://www.seattlymca.org/orkila/familiesandretreats>