

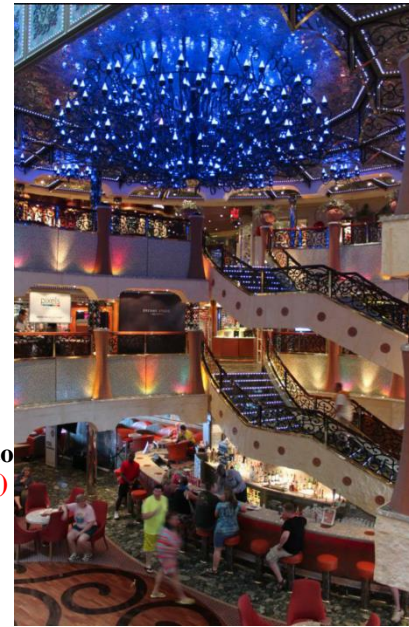


Ladies In Stride, Inc.

L.I.S. 6th Annual Total Health & Wellness Retreat

“L.I.S. Caribbean Wellness Cruise”

**REGISTRATION FORM
June 7th – 10th 2018**



☺ BON VOYAGE ☺

THURSDAY: Welcome~ Report to Cruise Ship at Noon~ “Don’t Forget Your Passport”

Please Wear Your Purple or Black L.I.S. T-Shirt When You Board The Ship For Our Group Photo

Please wear your L.I.S. Purple Wrist Band Each Day Of Our Cruise so we can recognize each other

4pm~ Our Liberty Cruise Ship pulls off for the Bahamas!!! ~ Let The Fun Begin!!!!

5pm~ Packet Pick Up; Health Screenings, Powerful Sisterhood Prayer Exercise, Awards, Group Photo & 2019 L.I.S. Retreat Announcement (5:00pm in the Tapestry Conference Room on the Atlantic Deck)

Medical Screenings: 2018 L.I.S. Medical Team

Donald J. Hanchett, M.D.; Dana Foster-Haire L.P.N. & Latoria Noland Powell CNA

8pm~ Dinner & Fun~ (8pm Dinner Each Night)

“IT’S OUR TIME”

TO TAKE OUR TOTAL HEALTH BACK!

FRIDAY: BEACH DAY FUN!! “A Day in Nassau Bahamas”~ Land Excursion: 10am- 3:30pm~ Paradise Island (Atlantis Resort): Shopping, Casino, Dining Options, the Marine & a Group Photo on the Beach with the Beautiful Atlantis Resort as our back drop☺

SATURDAY ~ A Day At Sea! Relax around the pool, take in a show, get a massage or choose to simply “Sleep In” ☺ Just Enjoy Yourself!!!☺

SATURDAY EVENING: 6pm ~ L.I.S. “All White Night”~ “Lucky Lady” Prize & L.I.S. CAPTAIN’S DINNER Group Photo (Please wear All White, your L.I.S. Lapel Pin & a Touch of Purple) **Location to be Announced at our 5pm Session on Thursday (Captain’s Dinner is at 8pm)**

Group Farewell Prayer before dinner as our lovely cruise will end on tomorrow morning & some of us may not get to see each other to say Goodbye

SUNDAY: Arrive back at Port Canaveral (Orlando Florida) ~Time to head home ~ BLESSED, DE-STRESSED & REFRESHED!!

L.I.S. RETREAT FEES

The Retreat Fees for all Participants: Adults: \$30 ~ Y.L.I.S.: \$20 (ages 13-20 yrs old)

Land Excursion: Paradise Island ~ Atlantis Resort Beach Day: \$90* (Payment needed ASAP To Reserve Tickets)

Optional L.I.S. Apparel

L.I.S. Purple Wrist Band: \$3

L.I.S. Lapel Pin: \$5

L.I.S. Sun Visors & L.I.S. Caps: \$12 (White or Black)

L.I.S. T-Shirts: Sizes Small – XL: \$18; 2X & Larger: \$20 (Add \$2 for all V-Necks) ; Tank Tops: \$20
(Available Colors are Black or Purple)~ Please specify Quantity, Size, Style (Tank Top, V-Neck or Crew Neck) & Color

**Shipping Charges of \$6.75 will apply unless other delivery arrangements are made

Please make your payment online after completing your Registration Form by using the link below
(On-line Transactions will incur a \$5 Processing Fee)

You may mail your payment to the P.O. Box Address listed below along with your completed Registration Form to avoid the \$5 Processing Fee

**** (Money Orders or Cashier's checks Only for All Fees~ No Personal Checks Please**

****Retreat Fees are due to L.I.S. on or before March 16th 2018** (\$90 Land Excursion Payment Due Now)**

**** Retreat Fees include: Medical Screenings, Supplies, & Awards**

(Please keep in mind that your Retreat Fee is transferable but nonrefundable)

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**The Deadline for your FINAL Cruise Payment to be made to Carnival Cruise Line is April 8<sup>th</sup> 2018**

Carnival Cruise Line number is 800.438.6744 Ext. 70005

Our Group Booking Number is 8FD6T1

PIN is 1995 ~ Cruise Ship Name: "The Liberty"

Cruise name is: "**Ladies in Stride Wellness Cruise**"

## **FOR ONLINE PAYMENTS:**

YOU MAY REGISTER ONLINE & MAKE YOUR PAYMENT AT: [www.ladiesinstride.com/retreatreg0.php](http://www.ladiesinstride.com/retreatreg0.php)

Please note that all online registrations using pay pal will incur a \$5.00 processing fee. You may avoid this fee by mailing your money order or cashier's check to the address below.

If you choose **NOT** to register & pay online, **Please download & complete your Registration Form** and make your money order or cashier's check payable to Ladies in Stride, Inc. and mail payment **along with your completed registration form** to:

Ladies in Stride, Inc.  
P.O. Box 1016  
Tucker, Ga. 30085

**\*\* (ALL PARTICIPANTS ARE REQUIRED TO HAVE A COMPLETED REGISTRATION FORM BEFORE BOARDING THE SHIP) \*\***

**Thank you Ladies!!!**

