



Ladies In Stride, Inc.

L.I.S. 7th Annual Total Health & Wellness Retreat

San Diego California & Mexico Tour

Loews Coronado Bay Resort & Spa

REGISTRATION FORM

May 30th – June 2nd 2019



☺ EVERYONE IS WELCOME!! PLEASE INVITE A FRIEND!! ☺

THURSDAY: Welcome~ Registration: Packet Pick Up (11am-1:30pm) Lobby

THURSDAY Afternoon “Trolley Car” San Diego Tour~ Meet in the Lobby Promptly at 1:45pm: Departure Time: 2pm. Returning: 6pm

Family Members & Friends are Welcome to join us on our San Diego Tour: Fee \$35 per guest

THURSDAY Evening: Casual Private “Wind Down”~7:30pm-9:00pm~For Team Captains, Prayer Warriors, Guest Speakers & Board Members~ L.I.S. Hospitality Suite

FRIDAY: Medical Screenings by Donald J. Hanchett, M.D. & 2019 L.I.S. Medical Team~ (Best done on an empty stomach) **7am until 8am**

L.I.S. Prayer Stretch ~ **8:15am** ~ “Stretching Toward A New You!” ☺

Welcome ~L.I.S. Group Photo & Breakfast: **8:30am**

Intimate Workshops on Total Health & Wellness During Breakfast from 9am until 12noon

Topics:

“Keep it Moving” with L.I.S~ 8:45am- 9:00 ~ **Ms. Alison Dealy, Owner/President Etcetera,LLC**

“Becoming Healthy & Wealthy”~ 9:00am - 9:40~ **Ms. Stephanie Lampley, Regional Vice President/ Primerica Investments**

“Your Health Matters”~ “Making Small Steps To A Healthier You”~ 9:45 – 10:35am~ **Donald J. Hanchett,M.D.~ L.I.S. Medical Advisor**
~10 MINUTE BREAK~

“Awards & Recognition” ~ 10:45-11:15

“A Healthy Love Life”(Spiritual Life & Relationships) ~ 11:15-12:15 ~ **Deacon & Mrs. Karl Humphrey**

****Spouses & Male Friends are Welcome & Encouraged to attend this Awesome Session. (Fee \$25 per guest)**

FRIDAY Afternoon: “Mexico Tour”~ **Departure: Promptly @ 12:30pm** (Photos at “Rosarita Beach & Tijuana Mexico) ~
Spouses & Guest are Welcome: (Fee \$65 per guest)

SATURDAY ~FREE DAY! ☺Ladies Day Out to **Treat Yourself**: ~ Go Biking, Shopping, Head to the Beach, San Diego Zoo or Choose to Simply “Sleep In” ☺. Just Enjoy Yourself and we will... ****See you in the Spa at 5:30pm****

~ THE LOEWS SEA SPA ~

SATURDAY EVENING: 5:30pm ~ “RELAX YOUR MIND, BODY & SOUL” ~ **Special Guest Speaker From Loews Sea Spa**

L.I.S. SPA NIGHT~ Individual Spa Treatments will begin Immediately Following Session, So Please Come Dressed Comfortably☺
(Special Treat prepared for all L.I.S. Spa Attendees)

SUNDAY: L.I.S. Sunset Terrace Farewell Prayer ~**10am**

Time for **Farewell Hugs** as we prepare to head back home to our families~ **BLESSED, DE-STRESSED and REFRESHED!!**

**** Check out time~ 12noon****

****L.I.S. Executive Board Meeting (Hospitality Suite) ~ 12:30 -1:30pm**

L.I.S. RETREAT FEES

The Retreat Fee for all Members: \$285~ Non- Members: \$300

**Payments may be made online at www.ladiesinstride.com under "Latest News & Upcoming Events"
Or Payments may be mailed to the P.O. Box Address listed below along with your
completed Registration Form.**

1st Deposit of \$100 due on or before Sept 1st 2018

2nd Payment of \$100 is due by Dec. 1st 2018

****Final Registration Payment of \$85 (or \$100 if not a member) is due on or before March 30th 2019****

**** Fees include: All Sessions, Medical Screenings, Friday Breakfast, The San Diego Tour on
Thursday & Mexico Tour on Friday & our Awesome Spa Treatment ****

**(Tour Includes:
& More!)**

****Spouses & Male Guest are welcome & encouraged to attend the " Healthy Love Life Session"
(Spirituality & Relationships) Fee is \$25**

**Spouses & Male Guest are also welcome to attend our San Diego City Tour For \$35 &
Mexico Tour for \$65 ~ Seats are limited~ 1st Come, 1st Served**

***** All Registration fees are due on or before March 30th 2019*****

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

The Deadline for reserving your room at the L.I.S. discounted rate is April 30th

Please keep in mind that your retreat deposit is transferable but nonrefundable.

****A Limited Amount of Rooms Are Available~ Please reserve your room as soon as possible****

The Loews Coronado Resort & Spa is offering a discounted room rate to guests of the Ladies In Stride, Inc. Annual Retreat. Please mention "Ladies in Stride, Inc." in order to receive your discount when calling to make your reservation. The reduced rates are limited and will not be available past April 30th.

You may reserve your room with a major credit card.

Room Rates are as follow: Rates below Includes ALL Taxes & Fees

Double or King Rooms:

4 Guest Per Room: \$60.06/pp/night

3 Guest Per Room: \$80.80/pp/night

2 Guest Per Room: \$120.12/pp/night

Single Occupancy: \$ 240.23/night

**** All Rooms Are Waterview Rooms ****

Please call the Loews Hotel at your convenience to book your guest room at:

Loews Reservation Center ~ 800.235.6397 Or Book Online at <https://book.passkey.com/go/LISAR2019>

(You may extend your stay 3 days prior to our retreat or/and 3 days following our retreat at the L.I.S. discounted rate)

FOR RETREAT FEES:

YOU MAY REGISTER ONLINE AT: www.ladiesinstride.com/retreatreg0.php

Please note that all online registrations using pay pal will incur a \$7.50 processing fee. You may avoid this fee by mailing your money order or cashier's check to the address below before the deadline.

If you choose **NOT to register online, Please download & complete your Registration Form from our L.I.S. website 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**

2019 L.I.S. Total Health & Wellness Retreat Registration Form

“San Diego Retreat”
Loews Coronado Bay Resort & Spa
4000 Coronado Bay Road
Coronado, CA 92118
(619)424.4000

Date _____

Name _____
First Last Age _____

Mailing Address _____

City/State/Zip _____

Daytime phone () _____ Evening phone () _____ Cell phone () _____

Email address _____

Ladies in Stride Member: Yes _____ No _____

Ladies in Stride Team _____

Are you a L.I.S. Captain: Yes _____ No _____

Emergency Contact (Name & Number): _____

How did you hear about our L.I.S. Retreat? Reference Name Please: _____

What Spa Service would you like to receive on Spa Night? (Please Check One Only)

~All Ladies Need to Choose One Service to pamper yourself!!☺~

(Spa Treatment Is Included In Your Retreat Fee)

All Services are 25 minutes each:

Body Massage.....

Star Fruit Foot Massage.....

Facial.....

Manicure.....

Pedicure.....

**** While in the Spa area, please Relax & Enjoy the Relaxation Lounge, Jacuzzi, Sauna & Steam Room ****

**** PLEASE CHECK BOX BELOW**

As a participant of L.I.S. 7th Total Health & Wellness San Diego Retreat, if I should choose to participate in any or all of the activities planned by L.I.S. Inc., I hereby for myself, my heirs, executors & administrators, do waive & release any & all rights & claims for damages & injuries against L.I.S. Inc., board members, organizers, sponsors & assigns for any & all claims of liability. I am also aware that some of the photos & videos taken during this retreat may be used to promote future L.I.S. Retreats and help to increase membership. If you are under 18yrs of age, a legal guardian's signature required.

Name _____

Date _____

If you choose **not** to register online at www.ladiesinstride.com/retreatreg0.php

~Please Make Money Orders or Cashier's Checks Payable To: Ladies in Stride, Inc.

(No Personal Checks Please) Please mail completed form & payment to:

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

Please contact L.I.S. at: ladiesinstride@gmail.com or Call (567) 523.9567 with any questions or concerns

Amount Enclosed: _____

Office Use Only: Date Received _____