



Ladies In Stride, Inc.

L.I.S. 8th Annual Total Health & Wellness Retreat

Miami Florida Beach Retreat

Ritz Carlton Bal Harbour Resort & Spa

REGISTRATION FORM

May 28th – May 31st 2020



☺ **Discounted Rooms Are Limited!! Please Book Your Room ASAP; 1st Come 1st Served** ☺

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

(Two complimentary featured cocktails offered daily by the Ritz between 4pm & 7pm in the Artisan Beach House for All attendees)

THURSDAY Afternoon: **Private Leadership Reception ~2:30pm-4:30pm**~For Team Captains, Prayer Warriors, Guest Speakers & Board Members~ L.I.S. Hospitality Suite~ Casual Attire

THURSDAY Evening: **“Meet & Greet” On The Beach For All Attendees~6pm – 8pm: A Total Sisterhood Fun Time! Including ALL Sororities; Fun & Games: Beach Volley Ball, Sand Dancing & More!!** Please wear your L.I.S. T-shirt or Sorority T-shirt if you are also a member of a sisterhood in addition to Ladies in Stride, Inc. We will all be **“Playing In The Sand”** Together as Sisters. ~ We Shall **“Unite & Conquer”** Our Total Health Together As One!!

L.I.S. 2020 Theme~ “20/20 Vision In 2020”

FRIDAY: Medical Screenings by Donald J. Hanchett, M.D. & L.I.S. Medical Team~ **(Best done on an empty stomach) 8am- 9am~**

~ Please Pick Up Breakfast Vouchers From Dr. Hanchett Following Your Screening~

L.I.S. Prayer Stretch ~ **9:15am ~ “Stretching Toward A New You!”** ☺

Welcome~ Introductions ~L.I.S. Group Photo: **9:30am ~ Breakfast**

Intimate Workshops on Total Health & Wellness During Breakfast from 9:45am until 1:30pm

Topics:

“Keep it Moving” with L.I.S~ **Ms. Alison Dealy, Owner/President Etcetera, LLC**

“From Rags To Riches”~ **Ms. Stephanie Lampley, Regional Vice President/ Primerica Investments**

“20/20 Vision in 2020”~ **“Looking Closely Inside Ourselves When Improving Our Total Health”~**

~Donald J. Hanchett M.D. ~ L.I.S. Medical Advisor~

~15 MINUTE BREAK~

You Are “SIMPLY THE BEST” ~ “Awards & Recognition” ~ You Are “SIMPLE THE BEST”

“Straight Talk” About Love & Relationships (Spiritual Life & Relationships) ~ Pastor Jesse Curney, III

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

FRIDAY Afternoon: “Miami Land & Water Tour”~ **Meet In Lobby ~Departure: Promptly @ 2:00pm** (Lunch Options & Group Photos During Our Tour) Family Members & Friends are Welcome to join us on our Miami Tour: Fee \$65 per guest (Seats are limited)

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

~ THE EXHALE SPA ~

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

L.I.S. SPA NIGHT~ Group Meditation Session, Chair Massages & More~ So Please Come Dressed Comfortably☺

(Special Treat prepared for all L.I.S. Spa Attendees)

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

**** Check out time~ 11am****

****L.I.S. Executive Board Meeting (Hospitality Suite) ~ 12noon -1:00pm**

(567) LADY 567

www.ladiesinstride.com

(567)523.9567

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.**

(Due Date Extended) 1st Deposit of \$100 due on or before Nov. 30th 2019

2nd Payment of \$100 is due by Jan. 15th 2020

****Final Registration Payment of \$85 (or \$100 if not a member) is due on or before March 15th 2020****

**** Fees include: All Sessions, Medical Screenings, Friday Breakfast, The Miami Land & Water Tour &
our Awesome Spa Night ****

****Spouses & Male Guest are welcome & encouraged to attend the "Straight Talk" Session
~ Love & Healthy Relationships God's Way~
(Spirituality & Relationships) Fee is \$25 per Guest**

**Spouses & Male Guest are also welcome to attend our Miami Land & Water Tour: Fee is \$65 per guest
Seats are limited~ 1st Come, 1st Served**

***** All Registration fees are due on or before March 15th 2020*****

**** (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 March 28th

Please keep in mind that your retreat 1st deposit of \$100 is transferable but nonrefundable.

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

The Ritz Carlton Bal Harbour 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 March 28th.**

*****You may reserve your room with a major credit card. No fees will be charged at the time that you reserve your room*****

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

Double or King Rooms:

4 Guest Per Room: \$70.00/pp/night

3 Guest Per Room: \$93.33/pp/night

2 Guest Per Room: \$140.00/pp/night

Single Occupancy: \$ 280.00/night

**** All Rooms Are Ocean or Partial Oceanview Rooms ****

***** All L.I.S. Room Cancellations after March 28th will be charged a 1 Night Stay of \$280*****

Please call the Ritz Carlton Bal Harbour Hotel at your convenience to book your guest room at:

Ritz Carlton Bal Harbour Reservation Center ~ 800.241.3333 ; 305.455.5457 Or Book Online

at <https://www.marriott.com/event-reservations/reservation-link.mi?id=1566586141006&key=GRP&app=resvlink>

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 paying per Cash App at \$LadiesInStrideInc or feel free to mail 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

2020 L.I.S. Total Health & Wellness Retreat Registration Form

"Miami Florida Beach Retreat" Ritz Carlton Bal Harbour Resort & Spa

10295 Collins Ave
Bal Harbour, Florida 33154
(305) 455.5400

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 Must Choose One Service Below to pamper yourself!!☺~

(Spa Treatment Is Included In Your Retreat Fee)

All Services are 25 minutes each:

Guided Group Meditation Session For Mind, Body & Soul ~ Chair Massages~ Private Cabana Time For All Attendees

Arm & Hand Massage.....

Please Choose 1 of the 2 additional services:

or

Express Manicure.....

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

**** PLEASE CHECK BOX BELOW**

As a participant of L.I.S. 8th Total Health & Wellness Miami Florida 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

(A Completed Registration Form Is Required With Forms Of Payment)

~Please Make Payment per Cash App or Mailing a Money Orders or Cashier's Check made 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 _____