



Ladies In Stride, Inc.

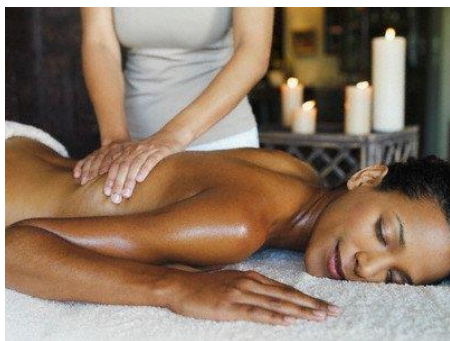
3rd Annual Total Health & Wellness Retreat

Hilton Lake Las Vegas Resort & Spa

REGISTRATION FORM



June 11th – 14th 2015



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

THURSDAY: Welcome~ Registration: Packet Pick Up **(2pm-6pm)**; Sisterhood Meet & Greet & June Birthday Recognitions ~ **4-6pm** ~
THURSDAY EVENING: ~Team Captains, Prayer Warriors, Guest Speakers & Board Members: **Private Reception ~7pm-9pm**

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

L.I.S. Exercise Prayer Walk ~**8:15am** ~ **“Making Strides Toward a New You!”** ☺

L.I.S. Group Photo & Breakfast (L.I.S. Video & Awards): 8:45am-10:00am

Intimate Workshops on Total Health & Wellness from 10am until 2pm

Topics:

“Stepping Up Your Spiritual Walk”

“Living a Healthy & Happy Life”

“Financial Freedom”

“Relationships/ Loving your Love Life” ~ Relationships (Teens & Adults)~ Loving Your Love Life (Adults Only)~ **Spouses & Male Friends are Welcome & Encouraged to attend Relationship session. (See Fees Below)**

FRIDAY: Lunch on your own~ **2pm-4pm**

Group Photo in Vegas & City Tour: **Coach Bus Departure: 4pm**~ Shows~ Dinner & Shopping:**5:30pm - 10pm** (Free Shuttle back to Resort starting at 7:15pm and **LAST FREE Shuttle pick up at 10:15pm**~**Feel Free to stay later if you like~(Spouses & Male Guest are Welcome. See Fees Below)**

SATURDAY: FREE DAY! ☺Ladies Day Out to **Treat Yourself:** ~Or choose to simply “Sleep In” ☺. Suggestions are: **Our L.I.S. Bike Ride or Walk (Walking Trail) near the lake. (Meet in the main lobby @10am)** Please wear your L.I.S. T-shirt for our walk. Spouses & Friends are welcome. Free Yoga Class (**9am in Fitness Center**), Head back to the Vegas Strip, Paddle Boating. Horseback Riding, Shopping at “The Village”(in walking distance from Resort), Hoover Dam & Much More! The choice is yours ☺

~ HEALING WATERS at the RAVELLA SPA ~

SATURDAY EVENING: 6pm ~(Come dressed comfortably for your Spa Treatment as our Relaxation Session will take place in the Spa)

****Final Intimate Workshop in the Spa by Mary Ann Jones, PhD ~ “The Importance of Stress Reduction & Relaxation”~ 6pm until 7pm**

L.I.S. SPA NIGHT~ 7PM UNTIL 9:30PM (Special Relaxing Spa Evening prepared for all L.I.S. Retreat Attendees)

SUNDAY: L.I.S. Lakeside Prayer & Sisterhood Farewell Breakfast ~ **9am until 11am** ~ **** Check out time~ 12 noon****

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

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

(567) **LADY 567**

(567)523.9567

L.I.S. RETREAT FEES

The Retreat Fee for teens (13yrs-19yrs old): \$260; Adult Members: \$275

(Partial Payments of any amount may be mailed to the P.O. Box listed below along with your completed Registration Form.)

No partial payments made online please

1st Deposit of \$125 is due now

Final Registration Payment is due on or before April 15, 2015

**** Fees include: All Sessions, Medical Screenings, Breakfast on Friday & Sunday, Spa Night (Treatment) & Transportation to Vegas/Tour**

****Spouses & Male Guest are welcome & encouraged to attend the "Relationship" Session: Fee is \$25**
Spouses & Male Guest are also welcome to attend our Las Vegas Tour: Fee is \$25

*****All Registration fees are due on or before April 15th ~ (Hotel Fees are due at Checkout)*****

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

The Deadline for reserving your room at the Resort at the discounted rate is May 11th

Please keep in mind that your 1st deposit is transferable but nonrefundable just as last year.
Get ready to have a great time learning how to de-stress your life!! See you at the Spa!!

Please reserve your rooms as soon as possible in order to get the room of your preference.

****First 10 reserved rooms are guaranteed Lakeview rooms! ****

The Hilton Lake Las Vegas Resort & Spa is offering a discounted room rate to guests of the Ladies In Stride, Inc. Annual Retreat. For reservations, please go to the following link https://www.hilton.com/en/hi/groups/personalized/L/LASLKHF-LISTHW-20150610/index.jhtml?WT.mc_id=POG or contact Hilton Lake Las Vegas Resort & Spa directly at 702.567.4700. Mention "Ladies in Stride, Inc." for the week of June 8th thru June 15th and again, please try to make your reservations early. Group Code is LISTHW. Upgrades are available on request. The reduced rates are limited and will not be available past May 1st.

The absolute cut off put in place by the Hilton Resort for reserving your room is **May 11th 2015**. You may reserve your room with a major credit card and pay at the time of check out on Sunday, June 14th. If you have a roommate or roommates, please make a note that the Hilton will use only one credit card for the payment of each room. So please have your roommate(s) pay their portion directly to you. We thank you Ladies for working together on this matter.

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

Quadruple Occupancy: \$41.72pp/per night

Triple Occupancy: \$ 51.90pp/pernight

Double Occupancy: \$72.24 pp/per night

Single Occupancy: \$144.48 per/night

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

Please note that all online registrations using paypal 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.

FOR RETREAT FEES ONLY:

If you choose NOT to register online, Please 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

2015 L.I.S. Total Health & Wellness Retreat Registration Form

Hilton Lake Las Vegas Resort and Spa

1610 Lake Las Vegas Pkwy

Henderson, NV 89011

(702)567.4700

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? _____

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!! ☺~

(No Additional Fees Required)

All Services are 25 minutes each:

Body Massage.....

Facial.....

Body Scrub.....

Manicure.....

Pedicure.....

**** In the "Healing Waters" area, please enjoy the candlelit Whirlpool, Eucalyptus Steam Room & Dry Sauna ****

As a participant of L.I.S. 3rd Total Health & Wellness 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 signature is 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@yahoo.com or Call (567) 523.9567 with any questions or concerns

Amount Enclosed: _____

Office Use Only: Date Received _____