

Women in Transition

October 2-4, 2009



Participating Agencies

FairView Counseling &
The Play Therapy Center

South Mountain YMCA

Caron Treatment Centers

Mary's Shelter

Easy Does It, Inc.

Reading Berks Conference
of Churches

Alvernia University
Holleran Center

Directions to South Mountain YMCA
201 Cushion Peak Road Wernersville PA
(610)670-2267 www.smyymca.org

From points South/PA Turnpike:

PA Turnpike (I76) to Exit 286 (Reading). Go to 3rd light, turn right on 272 North. Proceed approx. 2 miles to Junction 897. Turn left onto 897 North (Weavers Market). Proceed three miles to stop sign and turn right onto Ridge Road. Proceed three miles (road eventually becomes Fritztown Road) to E. Galen Hall Road on LEFT (look for Galen Hall Golf Course Sign). Proceed up Galen Hall Road 1.1 miles to Cushion Peak Road on right. Proceed up Cushion Peak Road to top of mountain; main entrance is on the left.

From North or East:

Take I78 West to PA 100 (Trexlerstown exit). Take 100 South approx. 0.5 miles to turnoff for Reading follow Schantz Rd. Pick up Route 222 South and proceed for 15 miles. Follow 222 Reading/Lancaster exiting to the right. (NOT Business 222) Follow divided highway for 4 miles. Exit at Spring Ridge Drive. Take right at end of ramp onto Van Reed Road. Proceed to 4th set of lights - Rte. 422, Penn Avenue West. Turn right onto 422 West and continue to first light at Columbia Avenue and go left on Fritztown Road. Proceed 3.4 miles to E. Galen Hall Road (look for Galen Hall Golf Course sign) and turn right. Proceed up Galen Hall Road 1.1 miles to Cushion Peak Road on right. Proceed up Cushion Peak Road to top of mountain; main entrance is on the left.

From The West - Route 422 From Harrisburg:

Take Route 422 East to Wernersville, PA. Turn right onto Werner St. (second traffic light in town at Hoover Motors). Proceed two blocks and turn right onto Lincoln Dr. Proceed to stop sign and turn left onto Hill Road. Proceed 0.7 miles to fork in road and turn right onto E. Galen Hall Road. At the crest of the hill turn Left onto Grand View. At the end of Grand View turn Right onto Cushion Peak Road. The entrance on the right.

For more information, please contact:
Susanne Edmonds (610)670-2267x224 or
Mary Hartman (610)396-9091

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"Surrender" by Doris Klein, CSA © used with permission

***A Weekend Retreat
to
Feed the Intellect,
Heal the Heart
&
Energize the Spirit***



Women in Transition

In today's fast-paced and demanding world, women experience many different periods of transition. From family to career to personal life issues, these stressful transitions can jeopardize one's health and well-being. In the midst of these transitions, it is often difficult to focus on self and on healthy solutions.

This weekend will provide opportunities for women to develop healthier physical, emotional and spiritual connections with themselves and others. Participants will be able to gain valuable information, share personal experiences, rest, recreate, rejuvenate, and develop nurturing, supportive relationships with other women. The weekend includes lodging, nutritious meals, workshops, small groups, outdoor activities, informal fellowship and social networking.

When: October 2-4, 2009. Registration begins at 5:00pm; dinner at 6:30pm Friday. Program concludes by 11:00am Sunday.

Where: South Mountain YMCA, 201 Cushion Peak Road, Wernersville, PA 19565.

What: A weekend of fun, food, fellowship and a renewal of body, mind and spirit.

Cost: \$100 per person before September 18th; \$125 per person thereafter. (A limited number of scholarships are available upon request)

What to Bring: Comfortable clothing (layers), walking shoes and/or sneakers, raincoat or poncho, hat or hood, lightweight jacket or sweat-shirt, bath towel, washcloth, shower shoes, toiletries, sleeping bag or sheets & blanket, pillow, flashlight, water bottle.

WEEKEND SCHEDULE

All activities are optional and available on a first come, first served basis

Friday

- 5:00pm Registration
- 6:30pm Dinner
- 7:30pm Keynote Speaker—*Feeding the Intellect*
Kimberly Schaller, Vice President,
Hershey Entertainment & Resorts
- 8:30pm Welcome Social Mixer
- 9:30pm Night Hike

Saturday

- 8:00am Breakfast
- 9:15am Keynote Speaker—*Healing the Heart*
Glenna Turkalo, Retired Business Owner
- 10:30am **Session I (Options)**
“Fiscally Fit” Workshop; Improving your Educational Toolbox; Arts & Crafts
- 11:30am **Session II (Options)**
“Honoring the Self” Workshop; Yoga; Arts & Crafts
- 12:30pm Lunch
- 1:45pm **Recreation Session (Options)**
Trail Horseback Riding; Climbing Wall, Archery; Tennis or; just relax!
- 2:45pm **Session III (Options)**
“Healthy Relationships” Workshop; Aromatherapy; Journal Writing
- 3:45pm **Session IV (Options)**
“Fit Living” Workshop; Nature Hike; Low Ropes
- 4:45pm Free Time
- 6:00pm Dinner Banquet
- 7:30pm Drum Circle
- 9:00pm Campfire

Sunday

- 8:30am Breakfast Buffet
- 10:00am Chapel Service—*Energizing the Spirit*
- 11:00am Weekend Concludes

REGISTRATION

Detach & return this section with a check payable to **South Mountain YMCA to: South Mountain YMCA, PO Box 147, Wernersville, PA 19565**

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

COST:

\$100 (postmarked before 9/18/09) \$ _____

\$125 (postmarked after 9/18/09) \$ _____

Optional donation for scholarships for those who can't afford to pay \$ _____

TOTAL ENCLOSED \$ _____

A limited number of scholarships are available for the weekend. If needed, contact Mary Hartman at (610)396-9091 or Suzanne Edmonds at (610)670-2267x224.

Check if you require a special diet or have other special needs. (please describe)

