



# Women's Health Weekend

A Retreat at Camp Taiwan

Move, change, grow... be well.

## SCHEDULE

Register Online at  
[www.welltrusthealth.com](http://www.welltrusthealth.com)

### Friday, April 16

- 4 p.m. Buses depart Taipei American School, Tian Mu
- 5 p.m. Arrive at Camp Taiwan and check into tents
- 5:45 p.m. Welcome Address
- 6:30 p.m. Dinner
- 7:30 p.m. Keynote Address: *Your Wellness Journey*
- 8:30 p.m. Workshops/Activities sign up
- 9 p.m. Camp Fire

Participants have the opportunity to design their own schedule to meet their personal interests. Some of the activities and break-out discussions will be repeated in order to meet everybody's needs.

### Saturday, April 17

- 6 a.m. Early bird yoga, meditation, run or sleep-in
- 7 a.m. Breakfast
- Group Talk: *Preventive Health—Your Wellness Tool*
- 8:30 a.m. Choose from:
  - Health Workshop: Take Control of Your Cholesterol
  - Health Workshop: Develop a Practical Approach to Cancer Screening and Prevention
  - Boot Camp fitness
  - Hike to Luguping
  - Giant Swing
- 10:30 a.m. Group Talk: *Hot Topics in Women's Health*
- 11:30 a.m. Lunch
- 1 p.m. Choose From:
  - Rock Climbing
  - Cooperative Ladder Challenge
  - Big River Trace and Climb a Waterfall
  - Tai Chi
- 3 p.m. Choose From:
  - Health Workshop: Create your Fitness Plan
  - Health Workshop: Take Control of Your Cholesterol
  - Health Workshop: Develop a Practical Approach to Cancer Screening and Prevention
- 4:30 p.m. Free Time, yoga or run
- 6 p.m. Dinner
- 8 p.m. Camp Fire

### Sunday, April 18

- 6 a.m. Early bird yoga, meditation, run or sleep-in
- 7 a.m. Breakfast
- Group Talk: *Overcome Pantry Panic*
- 8:30 a.m. Choose from:
  - Boot Camp fitness
  - Run
  - Yoga
  - Hike to Luguping
  - Giant Swing
- 10:30 a.m. Group Talk: *Maintain the Momentum*
- 11:30 a.m. Lunch
- 1 p.m. Choose from:
  - Health Workshop: Take Control of Your Cholesterol
  - Health Workshop: Create Your Personal Fitness Plan
  - Health Workshop: Develop a Practical Approach to Cancer Screening and Prevention
  - Rock Climbing
  - Cooperative Ladder Challenge
  - Big River Trace and Climb a Waterfall
  - Tai Chi
- 3 p.m. Showers, Pack
- 4 p.m. Weekend Wrap Up
- 5 p.m. Buses depart for Taipei American School, Tian MU

The Welltrust Women's Health Weekend is brought to you by Welltrust Health Solutions, Bodyworks Fitness & Camp Taiwan.

Learn More

[www.welltrusthealth.com](http://www.welltrusthealth.com)  
[www.bodyworks.com.tw](http://www.bodyworks.com.tw)