

Better Health Retreat Registration Form

Weekend Dates: February 7-9, 2025

Registration Deadline: February 1, 2025 (No exceptions)

Participant Information

- **Name:** _____
 - **Mailing Address:** _____
 - **Telephone:** _____ **Email:** _____
 - **T-Shirt Size:** (Circle one) S • M • L • XL • XXL
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Payment Details

Retreat Cost: \$589

(All payments are non-refundable)

Method of Payment: (Circle one)

- Cash
- Check
- Credit Card (3% processing fee applies for card payments)

Send all checks to:

Paradise Hills Resort
366 Paradise Rd., Blairsville, GA 30512
Attn: Better Health Retreat

For credit card payments, please call 706-745-7483 or visit our website to scan the provided QR code for online payment options.

Activity Preferences

Please list your first and second choices for each session. Note: Do not sign up for the same class more than once. Activities are assigned on a first-come, first-served basis.

Saturday – Session I (9:00 – 11:00 AM)

- Egoscue Assessment
- Healthy Cooking Class
- Hiking the Appalachian Trail

- Aerial Yoga
- Skincare Workshop

• **1st Choice:** _____ **2nd Choice:** _____

Saturday – Session II (2:00 – 4:00 PM)

- Fermentation Workshop
- Hot/Cold Therapy
- Painting
- Nature Photography

• **1st Choice:** _____ **2nd Choice:** _____

Sunday – Session III (9:00 – 11:00 AM)

- Aerial Yoga
- Hot/Cold Therapy
- Egoscue Assessment
- Hiking the Appalachian Trail

• **1st Choice:** _____ **2nd Choice:** _____

Dietary Restrictions

If you have any dietary restrictions, please let us know:

Once your registration form and payment are received, you will be sent a confirmation email with your weekend itinerary and additional details.

We look forward to seeing you at the Better Health Retreat!