

Weekend Dates: May 5-6, 2023

Registration Deadline April 15, 2023; no exceptions

**Better Health Retreat Registration**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Telephone & Email Address: \_\_\_\_\_

T-Shirt Size: (circle one)    S        M        L        XL        XXL

Method of Payment - \$589: (circle one)    Cash        Check        Credit Card

*(all payments are non-refundable)*    Send all checks to:

**Paradise Hills Resort, 366 Paradise Rd., Blairsville, GA 30512, attn: Better Health**

Credit Card Payments require a 3% processing fee. We accept Visa, MasterCard, Amex.  
Please call to make payment arrangements: 706-745-7483 or scan QR code online.

Below, you will find the Workshop Choices. Please list your first & second choice for activities.  
**DO NOT sign up for the same class more than ONCE.**

Saturday – Session I (9 – 11 a.m.)

- |                                    |                              |
|------------------------------------|------------------------------|
| 1. Egoscue Assessment              | 1 <sup>st</sup> choice _____ |
| 2. Healthy Lifestyle Cooking Class |                              |
| 3. Hiking the Appalachian trail    | 2 <sup>nd</sup> choice _____ |
| 4. Aerial Yoga                     |                              |
| 5. Skin care class                 |                              |

Saturday – Session II (2 – 4 p.m.)

- |                       |                              |
|-----------------------|------------------------------|
| 1. Fermentation class | 1 <sup>st</sup> choice _____ |
| 2. Hot/Cold Therapy   |                              |
| 3. Painting           | 2 <sup>nd</sup> choice _____ |
| 4. Nature Photography |                              |

Sunday – Session III (9 – 11 a.m.)

- |                                 |                              |
|---------------------------------|------------------------------|
| 1. Aerial Yoga                  | 1 <sup>st</sup> choice _____ |
| 2. Hot/Cold Therapy             |                              |
| 3. Egoscue Assessment           | 2 <sup>nd</sup> choice _____ |
| 4. Hiking the Appalachian trail |                              |

**\*\*\*ALL ACTIVITIES are tailored to all fitness levels. NO prior experience required.**

**\*\* You will be sent a confirmation of payment and itinerary for your weekend adventures.**

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