



## The Women's Summer Retreat Sample Agenda



### Thursday evening

7:30-8:00	Welcome and Introductions
8:00-9:15	Evening Program by the Campfire
9:15-9:30	Close evening session. Introduction to Friday agenda
9:30-10:00	Fireside stories, s'mores, hanging out girlfriend time

### Friday

8:45-9:00	Arrival time and registration
9:00-9:30	Program begins with Introductions
9:30-10:15	Program
10:15-10:30	Break
10:30-11:45	Program continues
12:00-12:45	Lunch served (complimentary lunchtime health and wellness programs offered)
12:45-2:00	Lunch Break
2:00-4:30	Program continues
4:30-5:00	Wrap Up
5:00	Program concludes, clean up, homeward bound