



**YMCA OF  
THE PINES**  
EXPLORE. GROW. THRIVE.

# Women's Wellness Weekend

**OCTOBER 6 - 8, 2023**

Available to women aged 18 and up.

## Explore

Try something new like canoeing, painting, or forging new friendships!

## Grow

Step out of your comfort zone with some of our adventure activities, like the Climbing Wall, Giant Swing, and more.

## Thrive

Rejuvenate and relax with our self-care classes like crafting, yoga, or nature hikes.



## NEW FOR 2023!

Experience the Brazilian culture with a Brazilian native!  
Learn to make the delicious desert, Cocada, a coconut delicacy.

Register today, or email [grace@ycamp.org](mailto:grace@ycamp.org) for more info!