

## NEWS RELEASE

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YMCA of Greenville  
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### **WOMEN'S WELLNESS RETREAT** Ninth Annual YMCA of Greenville Weekend May 15 – 17 at YMCA Camp Greenville

Greenville, SC – The Women's Wellness weekend gives women of all ages (over 18) an opportunity to take a break from the hectic daily routine and relax in a gorgeous mountain setting--just an hour north of Greenville at YMCA Camp Greenville.

Participants of the May 15 – 17 retreat can choose from a large number of activities or choose to do nothing but relax. Some of the most popular activities are hiking, horseback riding, a high ropes course, indoor rock climbing and a professional massage—which is especially nice after all the action!

The most important part, however, is probably the social aspect. It's a great way for friends to get together to do something special and different. Several regular participants are mother-daughter pairs who make this retreat a special gift to each other every year.

Lodging and meals are included in the \$150 price (\$140 for YMCA of Greenville members; additional fees for massage and horseback riding). Registration is open now, but space is limited. For reservations and more information, contact Susan Huter at YMCA Camp Greenville (864) 836-3291, ext. 106 or [shuter@ymcagreenville.org](mailto:shuter@ymcagreenville.org).

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