



RENEW & RESET

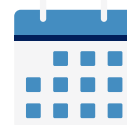
Spring Self-Care Retreat

A peaceful day. A beautiful setting. Time just for you.

This spring, join us for our Third Annual Self-Care Retreat at the scenic Plainsboro Preserve, where a restorative day of nature, movement, creativity, and calm comes together.

Enjoy guided indoor and outdoor wellness activities designed to support your physical and mental health — you'll reconnect with yourself, find inspiration, and leave feeling refreshed, grounded, and uplifted.

- Breathwork
- Chair Massages
- Forest Bathing
- Meditation
- Mindful Art
- Nature Walks
- Nutrition
- Tai Chi
- Yoga



SUN. April 26
9:15 AM - 4:15 PM
 Rain or Shine

LOCATION

Plainsboro Preserve
 80 Scotts Corner Rd, Plainsboro

REGISTER

www.PennMedicine.org/PrincetonEvents
 1.888.897.8979



Co-sponsored with Plainsboro Preserve and in collaboration with Hamilton Area YMCA.



Bring a Friend, or Two and Save!

INDIVIDUAL

\$95

2 PEOPLE

\$165

\$82.50 each

3 PEOPLE

\$225

\$75 each

Take advantage of Early Bird prices and register early!
Coffee, tea, fruit, and boxed lunches included with registration.