



# THE ULTIMATE GETAWAY

# WOMEN'S

## WELLNESS WEEKENDS

### YMCA Camp U-Nah-Li-Ya

Camp U-Nah-Li-Ya's Women's Wellness Weekend is the ultimate Northwoods retreat for women aged 18 and up. With a variety of activities, from high ropes courses to yoga and meditation, attendees can recharge their spirits, minds, and bodies. The program evolves annually, ensuring a comprehensive approach to wellness. Participants leave feeling revitalized and empowered to tackle life's challenges.



**SPRING**  
May 17-19  
**FALL**  
Sept 27-29



**YMCA Camp**  
**U-Nah-Li-Ya**  
12101 Y Camp Rd,  
Suring

**SCAN HERE FOR  
MORE INFO**

