



You are cordially invited to attend
The Greenbrier Sporting Club's Health & Wellness Weekend
Friday, June 12-Sunday, June 14, 2009

Please RSVP by Tuesday, June 9th to Teresa Vallandingham at 304-647-6112

Cost: \$450⁺⁺

Includes reception, all services and lunch Saturday.

Friday, June 12

4:30p.m. Yoga class at The Fitness Center
6:30p.m. Reception in the Lounge
(Dress is casual)

Saturday, June 13

9a.m. Pilates Class at The Fitness Center
11:30am "Lifestyle Medicine-Modify your Disease Risk through Nutrition" with Dr. Suzanne Romeo*
12:30p.m. Lunch at The Sporting Club
2:00p.m. Tai Chi at The Fitness Center
5:00p.m. Hatha Yoga

*Dinner is available at The Lodge or The Summit,
Please call The Concierge to make reservations 304-647-6440.*

Sunday, June 14

9a.m. Ashtanga Yoga at The Fitness Center
1:00 p.m. Pilates at The Fitness Center
4:00 p.m. Tai Chi at The Fitness Center

Each participant will receive one 50-minute massage, White Tea and Ginger Bliss scrub, a Peppermint Pedicure, Fitness Evaluation, and a Personal Training session. These services may be scheduled between dining, fitness classes and lecture. Please call The Ananda Spa at 304-647-6112 to schedule your personal appointments.

*Dr. Suzanne Romeo, MD is board certified by the American Board of Internal Medicine. She has been a member of The Greenbrier Clinic for nearly ten years where she practices diagnostic and preventative medicine. Her undergraduate degree in Nutrition and Dietetics has served her well in her focus on disease prevention through lifestyle management.