



RENEW & RESET

Autumn Self-Care Retreat

Autumn is the perfect time for renewal and self-care. We invite you to our wellness retreat at the beautiful and serene Plainsboro Preserve. Choose to spend a half or whole day with us nourishing your mind, body, and spirit.

Explore indoor and outdoor activities that will help you feel energized and creative, enjoy quiet time to restore and reflect, and meet like-minded individuals on a shared journey toward wellness. All fitness levels welcome.

- Art
- Birding
- Chair Massages
- Journaling
- Meditation
- Mindfulness
- Nature Walk
- Nutrition
- Painting
- Tai Chi
- Qigong
- Yoga

Register by Sept 2 for Early Bird Rate!

FULL DAY

7am - 7pm
3 light meals, 10 sessions

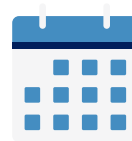
\$75 \$100 after 9/2

HALF DAY

7am - 1:30pm (or) 12:30 - 7pm
2 light meals, 5 sessions

\$40 \$50 after 9/2

Limited scholarships available, please call 1.888.897.8979 for more information.



SUN. September 29

Rain Date: Sunday, October 6

LOCATION

Plainsboro Preserve
80 Scotts Corner Road
Plainsboro, NJ 08536

REGISTER

www.princetonhcs.org/calendar

Provided in collaboration with Plainsboro Preserve and Princeton Fitness & Wellness.



Penn Medicine
Princeton Health