



7th Annual
women's wellness weekend

PRESENTED BY **NATURAL HEALTH** AND **THE SAGAMORE**

Join *Natural Health* and its editors at the luxurious Sagamore Resort as we celebrate the journey of living our best life.

Let *Natural Health's* team of experts help give you the tools you need to enrich your mind and strengthen your body.

Your weekend stay will include:

- Accommodations
- Access to On-Site Workshops and Seminars
- Discounts off spa menu
- Full use of the Sagamore's Fitness Center
- Some Meals



March 16-18, 2007

Reserve your spot for this indulgent weekend now. Call **800.358.3585** for rates and reservations. For additional information, log on to thesagamore.com/specials or NaturalHealthMag.com

