



## WHEN:

June 20 -23, 2019 (Additional day Monday, June 24, 2019 is an extended day)



## WHERE:

The ESSEX Culinary Resort and Spa  
**Location :** Essex, Vermont  
Plane or Amtrak to Burlington



## TO MAKE

## RESERVATIONS:

.CALL: 800.727.4295

Group Code : Wellness Warriors

120 PERSONS MAXIMUM



## WHAT:

**The WELLNESS WARRIOR Weekend will feature:** \*Workshops on becoming Healthy, Wealthy & Wise \*Farm-To-Table Food \*Chef Demonstrations & Kitchen Warriors Cooking Class \*Story Telling for the Conscious Entrepreneur \*Fitness, Dance & Water Aerobics Classes \*A Myriad of Health Clinics\*Spiritual Enrichment Classes & Activities \*Rest, Relaxation, Time on Your Own

# THE Essex

VERMONT'S CULINARY  
RESORT & SPA™

ASK THE GOOD  
DOCTOR

SIRIUSXM  
URBAN  
VIEW

THE HUB NEWS

- ❖ The Cost Of The Wellness Warriors Weekend Includes Lodging, Meals, Workshops
- ❖ Spa Treatments And Excursions Are Sold Separately



ASK THE GOOD  
DOCTOR

SiriusXM  
SATELLITE RADIO

ASK THE GOOD DOCTOR  
Wellness Warriors  
Weekend Getaway™



Renewing  
Your Mind  
Ink







## WELLNESS WARRIORS WEEKEND GETAWAY™

Dr. LaJoyce Brookshire host of ASK THE GOOD DOCTOR show on SiriusXM UrbanView airing Sundays at 7am, 8am & 3pm EST is a premiere Wellness program which teaches how to attain, maintain, and reclaim Perfect Health via the Mind, Body, and Spirit. Dr. Brookshire is a Classical Naturopathic Doctor, Master Herbalist, Certified Group Fitness Instructor & Ordained Pastor with Wellness Centers in The Poconos and New Jersey, Dr. Brookshire has 18 years of clinical experience.

## “GOOD DOCTORS” Presenting Include:

**Dr. Tammara Combs -Williams** – The Toxin Elimination Doc

**Dr. Wilma Hunt-Watts** - The Foot Doc

**Dr. Michael Vincent** - The Pain Eradication Doc

**Dr. Shantella Sherman** – The Change Agent Doc

## Clinics with Certified Coaches :

**Neycha** – Re-Birth of The Inner Bad-Ass

**Joshua Black** - The \$5 Vegan

**Sylvia Alston** - Legacy Wellness Living

**Tremell McKenzie** - I Am Wealthy: A Blue Print for Financial Freedom

**Lisa Spooner** – Yin Yoga Teacher

**Deb Montgomery** – Storytelling for the Conscious Entrepreneur

- \*Cooking Demonstrations
- \*Know Your Numbers Clinic
- \*Face, Tongue & Eye Reading Clinic
- \*Pain Eradication Clinic
- \*Foot Evaluation Clinic
- \*Daily Sunrise Yoga, Water Aerobics and African Dance
- \*Market Place Vendors
- \*Local Vendors



“Vermont’s natural landscape, delicious food, The wonderful staff and comfortability of the Essex with great company will make your Wellness Warrior Weekend Getaway incredible.”

## DAILY PACKAGE RATES:

•Single = \$367.63

•Double = \$517.65

•Triple = \$689.47

•Quad = \$861.29

•Child = \$63.73 - 15 and Under

## INCLUDES:

- Breakfast, Dinner & 2 Snacks Daily – Use of Sauna, Pool, Jacuzzi, Fitness Room
- SUNDAY, June 23RD is Extended Breakfast Time Only

## ADDITIONAL COSTS:

- LUNCH - Can be purchased daily in Restaurants on premises

### •KITCHEN WARRIORS:

101 with Dr. LaJoyce Brookshire (This will be a Lunch Meal)

### CHEF'S KITCHEN DEMONSTRATION

with Chef Tony

- BEVERAGES OTHER THAN WHAT IS SERVED WITH MEALS

•ALL SPA SERVICES

•LOCAL EXCURSIONS.

JOIN US!