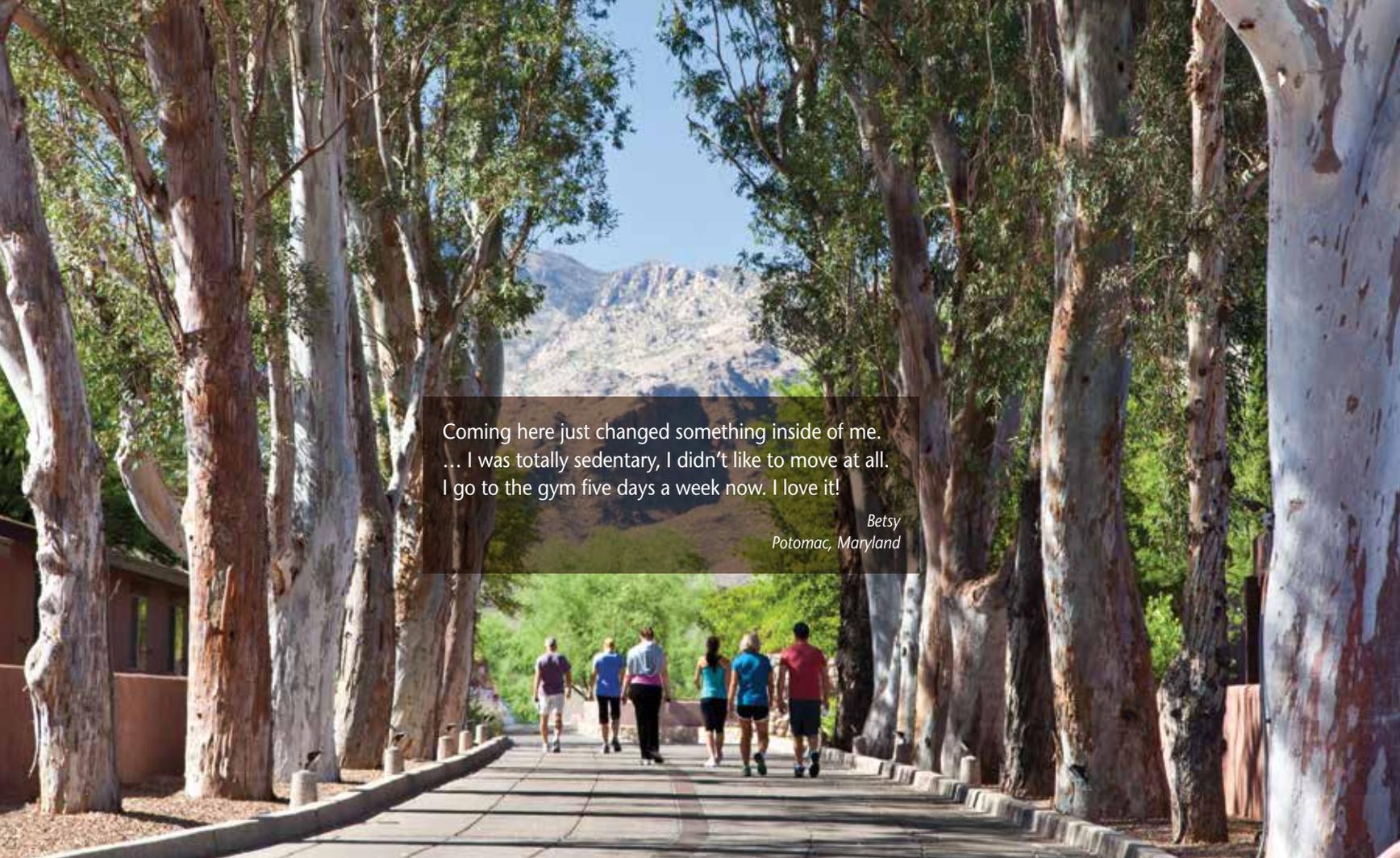




THE WEEK THAT WILL
change your life
LIFE ENHANCEMENT CENTER®

CANYONRANCH.
The Power of Possibility.



Coming here just changed something inside of me.
... I was totally sedentary, I didn't like to move at all.
I go to the gym five days a week now. I love it!

*Betsy
Potomac, Maryland*

ENJOY YOUR JOURNEY

The Life Enhancement Program® is often called the essence of Canyon Ranch because of its educational and motivational focus on wellness and successful aging. Many guests have described it as one of their most meaningful life experiences. This dynamic program helps people achieve optimal health and joyful living through commitment and long-term change. It engages the emotions as well as the intellect.

I hope you'll consider this program to help you develop a personal connection to your desire to be healthy. Only then will you be motivated to make positive lifestyle changes that will last a lifetime.

A handwritten signature in black ink, reading "Mel Zuckerman". The signature is fluid and cursive, with a large, stylized "Z" and "M".

Mel Zuckerman
Canyon Ranch Founder



What would you most like to achieve or change in your life?

For more than 25 years, guests in the weeklong Life Enhancement Program have found the inspiration, professional expertise and practical tools to enrich their lives and pursue personal goals. In this supportive and joyful environment, you'll find everything you need to explore your personal potential and chart a course that leads to the healthiest, happiest, most vibrant you.

DISCOVER THE LIFE ENHANCEMENT PROGRAM

THE INSPIRING SETTING

The Life Enhancement Program takes place in the Life Enhancement Center,[®] an intimate, retreat-like setting on the stunning grounds of world-renowned Canyon Ranch health resort in Tucson, Arizona. As a program participant, you'll have complete access to all Ranch facilities, activities, services and programs, plus exclusive use of the Center's well-equipped gyms, locker rooms, beautiful dining room, lounge and meditation garden. It's the perfect setting and environment to foster positive growth.

LEARN IT & LIVE IT

If you could take the time to really focus on the things that matter to you, how much could you accomplish? The Life Enhancement Program is a weeklong, in-depth experience that provides you with professional guidance, hands-on learning and the practical tools you need to pursue your goals – whether you want to hone your athletic performance, tackle a health concern, lose weight or simply start living healthier.

Each day is an exhilarating exploration of life's possibilities. You'll feel energized and empowered in fitness and movement classes, lively workshops, engaging lectures, outdoor activities and group discussions. Through private consultations with physicians,

nutritionists, exercise physiologists, licensed therapists, healing energy practitioners and other health professionals, you'll gain essential information and strategies for success. A generous allowance for spa, sports and integrative wellness services is included in your package, so you can customize your stay to your preferences.

Many people return to the Life Enhancement Center year after year. The friendly staff and warm group dynamics make the program an unforgettable joy. It's a meaningful, fun experience that's been the catalyst for many lasting friendships.

At Canyon Ranch, the choices are endless and every moment is yours.

The Life Enhancement Program is ideal for:

- First-time Canyon Ranch guests – Discover the many facets of Canyon Ranch and the pleasures of healthy living while enjoying the vacation of a lifetime.
- Solo travelers – Relax in the welcoming atmosphere and warm camaraderie of a small group, many of whom are also vacationing on their own.
- Family members – Bring your spouse, parents or adult children. You can learn together, support one another's goals and take home a healthy viewpoint you can share.

Whether you want to focus on a fitness goal, get on a healthier path, explore alternative therapies or just unwind and recharge, the Life Enhancement Program is both enlightening and fun. Think of it as a guided journey toward the goal of your choice.

WHY CHOOSE THE LIFE ENHANCEMENT PROGRAM?

This is a chance to concentrate on the interests, concerns or intentions that deserve your full attention. Our multidisciplinary team of professionals can support you with diverse expertise, compassionate motivation and practical wisdom for long-term success.

- Begin a fitness program, fine-tune your routine, or get to the next level.
- Develop healthy eating patterns for life.
- Explore and deepen spiritual practices.
- Investigate integrative and alternative approaches to health and wellness.
- Recuperate after surgery or illness.
- Navigate a life transition or meet a personal challenge.
- Manage your stress.
- Reach your personal potential.

ONE POWERFUL WEEK

You'll be amazed by the richness of learning and hands-on experiences on the schedule. The carefully thought-out classes, workshops and activities are available exclusively to Life Enhancement Program participants. At the same time, you'll have complete access to everything that goes on at the Ranch and ample time to relax or pursue your own interests.

*The purpose of the Life
Enhancement Program...*

is to help each person achieve greater health,
joy and satisfaction – starting with you. Here
you'll find the facts, guidance and firsthand
knowledge to turn your intentions into reality.



A photograph of two women walking together in a brightly lit hallway with a series of white arches. The woman on the left has blonde hair and is wearing a grey zip-up jacket over a blue tank top and grey pants. The woman on the right has dark hair and is wearing a purple halter-neck top and grey pants. They are both smiling and looking towards each other. The floor is made of large, reddish-brown tiles. In the background, there are potted plants and a piano on the right side.

I looked at different organizations that focused on weight loss. They really didn't deal with the whole person – what it is that makes a person overeat. Canyon Ranch was a much more holistic place to look at life, and how I could improve my life.

*Lynn
Wayland, Massachusetts*

CANYON RANCH WEIGHT LOSS PROGRAM — offered frequently throughout the year

One size does not fit all. In this personalized, science-based, weeklong program, you'll find everything you need for long-term success.

Medical testing and counseling and detailed advice from an integrative team of Canyon Ranch physicians, nutritionists, exercise physiologists, licensed therapists and other integrative health experts will help you create a comprehensive take-home plan tailored to your needs and goals.

AN APPROACH TO WEIGHT LOSS SO PERSONALIZED AND EFFECTIVE, IT COULD ONLY BE CANYON RANCH

What you'll find

- State-of-the-art testing and counseling
- Lasting, sustainable weight loss techniques
- Healthy gourmet food
- Encouragement in becoming more active
- Medical advice and support
- Help in establishing healthy habits
- Accessible follow-up coaching
- A detailed plan for a healthier lifestyle
- A warm, supportive group experience

What you won't find

- Guesswork
- A quick, temporary fix
- Hunger; fad dieting
- Boot camp
- Bullying; disapproval
- One-size-fits-all approach
- Lack of support
- Do-it-yourself planning
- Going it alone

SPECIALTY WEEKS

At times during the year, the Life Enhancement Center concentrates on specific areas of wellness. During these Specialty Weeks, you can explore these topics in depth.

FOCUS ON WOMEN: THE JOURNEY TO WISDOM

Join other women in this dynamic program led by a Ranch team of women's health experts in medicine, life management, nutrition, exercise physiology and spirituality. Celebrate the joys of being a woman and examine the mental, physical, emotional and spiritual challenges of health, aging, transitions and relationships. You'll reflect on each stage of growth, leading to greater self-assurance, serenity and wisdom.

FOCUS ON BRAIN HEALTH

Learn how to stay sharp and vibrant through every stage of life. Our integrative team of professionals share information and strategies for optimal brain health and performance.

Through a comprehensive series of lectures, workshops and fitness activities, you'll learn about health habits that affect memory, the relationship between diet and brain function, effective relaxation techniques and much more. Find out how to keep your body active and your memory strong as you age.

RENEW YOUR SPIRIT

Explore your inner life and discover new ways to nourish your spirit. With the caring guidance of Canyon Ranch experts, you'll experience spiritual practices and perspectives that will support you on your journey toward health, healing, peace and meaning.

This powerful week can help you move through significant life changes, choices, passages and transitions, and is suited to people of all faiths and levels of spiritual experience and belief.

To check on dates and details, please visit canyonranch.com or call 800-742-9000.



We had a celebration at the end of the week and we all talked about how we would leave here different people. It was a life-changing experience for me.

*Lori
Lynnsport, Kansas*

CONTINUING MEDICAL EDUCATION FOR PHYSICIANS

Experience truly modern medicine at Canyon Ranch and take the best of leading-edge preventive and integrative care practices home to benefit your patients. You'll discover firsthand why Canyon Ranch is the foremost name in preventive care and lifelong wellness. As a physician, you can earn up to *70 AMA PRA Category 1 Credits™* (12 credits on average with a 4-night stay; 25 with a 7-night stay) at Canyon Ranch in Tucson. The structured, weeklong Life Enhancement Program is an ideal way to experience the healthy living philosophy and gain invaluable insights. Or, if you prefer, you may choose an independent, customized schedule of CME activities during any resort stay.

By choosing Canyon Ranch as the place to earn your CME credits, you and your patients will benefit from our integrative approach to wellness. Since our doors opened in 1979, we've addressed issues of mind, body and spirit, with the goal of maximizing each person's health potential and minimizing their chances of needing prescription drugs and surgeries. Our experts work together to improve fitness, nutrition, stress management, mood, sleep patterns – every important aspect of life. It's a respectful, collaborative approach that has earned Canyon Ranch its reputation as the world's premier health resort.

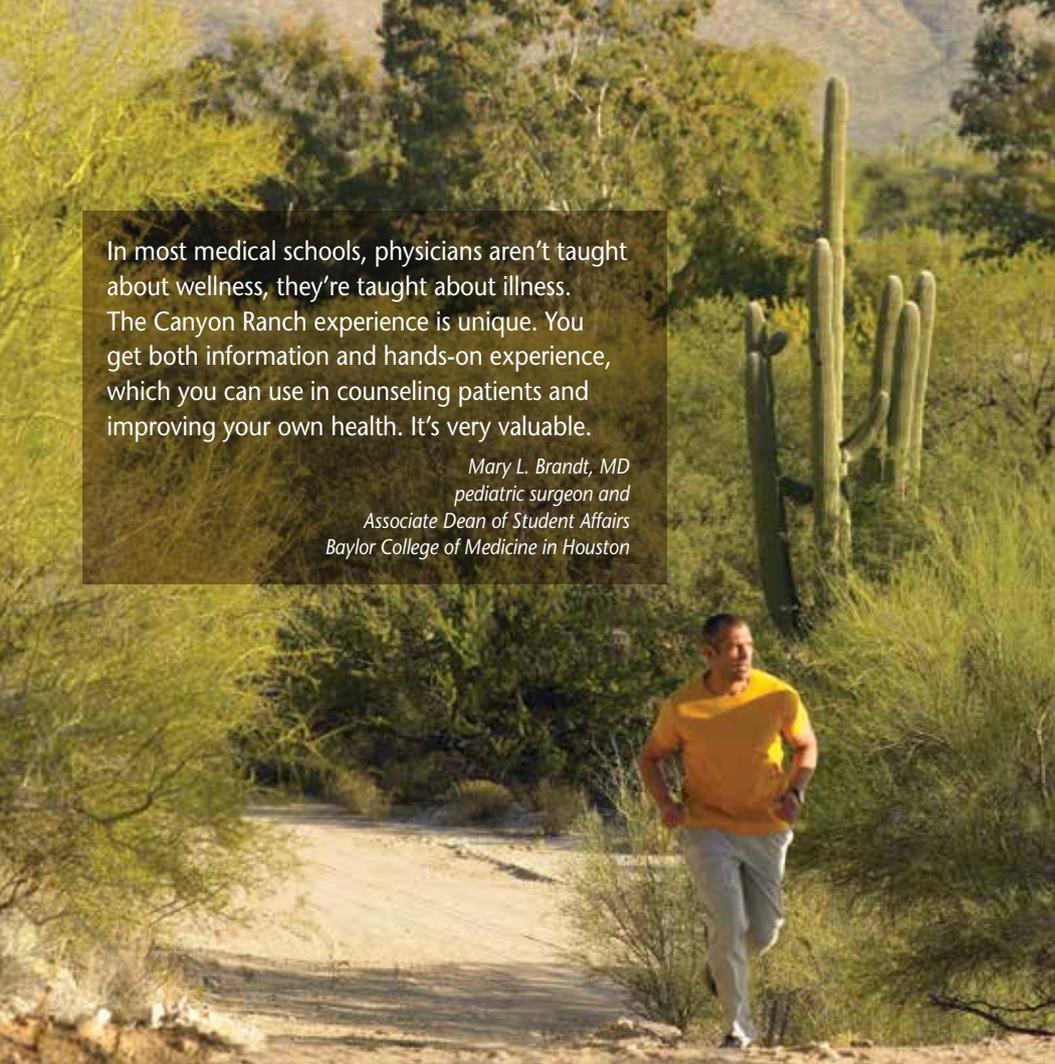
Accreditation. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Arizona College of Medicine at the Arizona Health Sciences Center and Canyon Ranch. The University of Arizona College of Medicine at the Arizona Health Sciences Center is accredited by the ACCME to provide continuing medical education for physicians.

Designation. The University of Arizona College of Medicine at the Arizona Health Sciences Center designates this live activity for a maximum of *70 AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



*CME sponsored by The University of Arizona College of Medicine
at the Arizona Health Sciences Center*

*Number of credits subject to change based
on annual review.*



In most medical schools, physicians aren't taught about wellness, they're taught about illness. The Canyon Ranch experience is unique. You get both information and hands-on experience, which you can use in counseling patients and improving your own health. It's very valuable.

*Mary L. Brandt, MD
pediatric surgeon and
Associate Dean of Student Affairs
Baylor College of Medicine in Houston*

CONTINUING NURSES' EDUCATION

Nurses can earn up to 15 CNE contact hours for participating in a seven-night program held at the Life Enhancement Center. Depending on your interests, you may choose the dynamic Life Enhancement Program or the science-based Canyon Ranch Weight Loss Program. Both programs include educational lectures with top physicians, exercise physiologists, nutritionists and other health experts. It's a healthy-living immersion that will give you clear understanding of the power of lifestyle medicine.

This continuing nursing education was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approved for up to 15 contact hours through June 18, 2015.

LIFE ENHANCEMENT PROGRAMS INCLUDE:

- Gracious accommodations.
- Three healthy gourmet meals daily, plus always-available healthy snacks.
- All classes, workshops, group discussions and fitness activities.
- Use of all resort facilities.
- Allowance toward individual services and consultations such as exercise physiology, healing energy, life management, metaphysical, movement therapy, nutrition, preventive medicine, beauty salon, skin care, spiritual wellness and therapeutic massage & bodywork.
- Round-trip transfers for Tucson International Airport or complimentary valet parking.
- Unlimited local calls, faxes and toll-free numbers; no surcharge above the cost for long-distance calls.
- Wireless Internet service.

GENERAL INFORMATION

- All programs begin on Sunday at 4 pm.
- Programs are under continual development and new ones may be added during the year.
- Smoking is permitted only in specified outdoor, nonpublic areas, and tobacco products are not available for purchase.
- Alcohol is not served or permitted in any public areas and is not available for purchase.
- Participants in Life Enhancement Center programs must be at least 18 years old.
- As a courtesy to all guests, cell phone conversations are permitted only in your private room, on your patio, under the Gazebo in front of the Ranch Store, in the phone booths in the Clubhouse and on the patio outside Gyms 7 and 8.

PLEASE CHECK canyonranch.com for specific dates of Life Enhancement Program, Weight Loss Program and other Specialty Weeks, or call 800-742-9000.



About Canyon Ranch in Tucson

Since 1979, Canyon Ranch has set the standard for healthy vacations. In breathtaking natural surroundings, guests enjoy year-round sunshine and all the luxury of a world-class resort while discovering paths to healthier, more joyful living. Award-winning Canyon Ranch in Tucson offers an unsurpassed breadth and depth of possibility and quality of experience. Discover Canyon Ranch, the vacation of a lifetime.

CANYONRANCH®

The Power of Possibility®

8600 E. Rockcliff Road | Tucson, Arizona 85750 | 800-742-9000 | canyonranch.com

DESTINATION HEALTH RESORTS Tucson, Arizona | Lenox, Massachusetts

SPA CLUB® SPAS & FITNESS The Venetian® & The Palazzo®, Las Vegas | Cunard's Queen Mary 2
Oceania Cruises® | Regent Seven Seas Cruises® | Celebrity Cruises®