

	Friday 5/5	Saturday 5/6		Sunday 5/7
9 AM		Kristin McGee Workout <i>Limit 20. Sign up required at Welcome Reception.</i>		Tracy Anderson: Find Your Motivation <i>George Kimmerling & Tracy Anderson</i>
10 AM		How to Find Happiness and Purpose In Life <i>Clare McHugh, HEALTH Editor-in-Chief</i>		
11 AM		Don't forget! Update On Brain Health <i>Mark Liponis, MD Chief Medical Officer, Canyon Ranch</i>		Kristin McGee Workout <i>Limit 20. Sign up required at Welcome Reception.</i>
12 PM		Lunch & Learn: Eating for Energy & Enjoyment		
1 PM		Tracy Anderson Workout <i>Limit 25. Sign up required at Welcome Reception.</i>		Take It To Go Panel <i>Clare McHugh, HEALTH Editor-in-Chief & More!</i>
2 PM		Tracy Anderson Signing & Selfies	Health Is Beautiful <i>Dr. Raj & Laura Hittleman</i>	
3 PM	Kristin McGee Workout	Tracy Anderson Workout <i>Limit 25. Sign up required at Welcome Reception.</i>		10 am - 5 pm Jane Iredale Constulations
4 PM		The Joys of an Organized Life <i>Leslie Yazel</i>		
5 PM	Welcome Reception <i>Mansion Library</i>	Nutrition for All-Day Energy <i>Cynthia Sass</i>		
6 PM				
7 PM	Sleep Well: Keys to Understanding & Enhancing Sleep <i>Jeff Rossman, PhD</i>	Fireside Chat & Book Signing with Kristin McGee		
8 PM				
9 PM	Trivia Night/Karaoke	Bingo		

Please note: This is a sample grid. Times may vary.

KEY:

Fitness Classes

Presentations and Meet & Greets

Activities

Health Total Wellness Weekend

BINGO

Join in the fun with a rousing game of bingo. Win Canyon Ranch prizes!

DON'T FORGET! UPDATE ON BRAIN HEALTH WITH MARK LIPONIS, MD

Are you forgetting things? Is your memory not what it used to be? Should you be worried? Is there anything you can do? Learn the latest on brain health and memory and how to keep what you have!

FIRESIDE CHAT & BOOK SIGNING WITH KRISTIN MCGEE

In her new book, Chair Yoga, Kristin busts the myth that you need a quiet studio to benefit from this ancient practice. Kristin will sign copies of her book and demo moves you can do at home or work.

HEALTH IS BEAUTIFUL

Beauty starts with healthy living—good eating, exercise, sleep and more. Dr. Roshini Rajapaksa (Dr. Raj) from HEALTH and Laura Hittleman of Canyon Ranch advise on the inside-out beauty connection.

HOW TO FIND HAPPINESS AND PURPOSE IN LIFE WITH CLARE MCHUGH

Searching for balance between what you love to do and what you have to do? HEALTH Editor-in-Chief Clare McHugh will explore what it means to truly create and own a life in balance.

KRISTIN MCGEE WORKOUT LEVEL II

Energize, tone, center—yoga can do it all and more! A perfect session for newbies and gurus alike, this class with HEALTH yoga expert and author of the new Chair Yoga, will start your day right.

LUNCH & LEARN:

EATING FOR ENERGY & ENJOYMENT

Join Canyon Ranch Chef Adrian Bennett as he prepares nutritious recipes from HEALTH magazine. You'll learn how to prepare each dish and discover easy-to-find ingredients that fuel an active lifestyle.

NUTRITION FOR ALL-DAY ENERGY WITH CYNTHIA SASS, RD

Whether we're running a 10K or running after our kids, we need to eat for performance. HEALTH's contributing nutritionist offers tips on what to eat so you're ready to go all out every day!

SLEEP WELL: KEYS TO UNDERSTANDING & ENHANCING SLEEP WITH JEFF ROSSMAN, PHD

Many sleep problems can be resolved with practical lifestyle changes. Learn how sleep affects your mind and body, and discover simple practices that can help you to improve your sleep.

TAKE IT TO GO

Packed with actionable advice, our panel of national experts in health, nutrition, beauty and more will help keep you moving forward all year toward your Total Wellness goals!

THE JOYS OF AN ORGANIZED LIFE WITH LESLIE YAZEL

Getting your stuff all in its proper place gives you more than a lovely home. It adds time - and space to breathe - to every day. Learn to de-clutter and de-stress with Real Simple's Editor-in-Chief.

TRACY ANDERSON: FIND YOUR MOTIVATION

Sit down with Tracy and HEALTH's George Kimmerling for a relaxed conversation about discovering—and keeping in touch with—whatever motivates you to stay on a personal path to better health.

TRACY ANDERSON SIGNING & SELFIES

Get one-on-one inspiration from HEALTH's May cover star and fitness guru Tracy Anderson. She'll be signing copies of the issue and snapping selfies with Total Wellness Weekend participants.

TRACY ANDERSON WORKOUT LEVEL II

Join world-renowned trainer Tracy Anderson for her signature workout. Build real strength and stamina—and see ever-evolving results—in an upbeat sweat session you won't forget.

TRIVIA NIGHT

Join a team with fellow guests and test your knowledge of current events, pop culture, history, arts and literature and more. Championship medals awarded to the winning team!

WELCOME RECEPTION

HEALTH Editor-in-Chief Clare McHugh kicks off the Total Wellness Weekend with a casual, inspiring event. Enjoy Canyon Ranch signature mocktails and gain insight from HEALTH contributors and fellow attendees.



#HealthTotalWellness

May 5 through 7, 2017

CANYONRANCH®