

2019 PROGRAMS

at the LIFE ENHANCEMENT CENTER®



SIGNATURE PROGRAMS

ELEVATE: Launch Your Best Life

You know what you need to do to stay healthy – now it's time to turn intentions into action. This powerful retreat is a proven catalyst for change. Specialists help you get into gear, whether you're focused on a personal concern, weight management, athletic performance or a healthy living reboot.

ACHIEVE: Reach Your Healthy Weight

Become a winner at losing – for good. Integrative experts help you convert weight-loss knowledge into lasting change. Take home a personalized food, exercise and lifestyle plan that meets your needs and preferences – along with the commitment to stick with it.

FOCUSED WEEKS

VITALITY: Boost Your Brain Power

Learn how to stay sharp and vibrant every stage of life. Through expert presentations, classes and activities, you'll learn about the health habits that affect memory, the relationship between diet and brain function, effective relaxation techniques and strategies that can help you achieve your goal.

PRESENCE: Mindfulness in the Modern World

Research points to the health benefits of mindfulness in everyday living, no matter how busy life gets. With guidance from our experts, increase your awareness of how you move, eat, work and carry out your daily routine. Activities such as yoga, meditation, mindful eating and journaling will help you live with greater ease and less distraction.

INSPIRE: Embrace Spiritual Wellness

Expand your inner life and nourish your spirit. With caring expert guidance, explore spiritual practices and perspectives that support your journey toward wholeness, healing, peace and meaning. Find the resources and resiliency within to help you through life changes, passages and transitions. People of all faiths and beliefs are welcome.

ENCORE: Flourishing in the Second Half of Life

You've reached a phase of life that brings inevitable change and transition. Popular guest speaker and bestselling author Doug Smith draws from the science of positive psychology to share proven tools and strategies that help you move ahead with confidence toward greater joy and meaning in life.

JOURNEY: A Woman's Retreat

Join with other amazing women and diverse wellness experts to explore inevitable questions about transition, change and life's possibilities. Delve into the challenges of health, aging and relationships from a woman's perspective – and discover how each stage of growth can lead to greater self-assurance, serenity and wisdom.

THRIVE: Keep Moving & Celebrate Aging

Yes, you can stay active at every age. Use this powerful retreat to retool your exercise routine, reboot a stalled plan or make a fresh start in fitness. Our team of experts led by Corporate Director of Exercise Physiology Mike Siemens, MS, are masters of motivation with sure-thing pointers to get you going. They'll accurately assess your current status, then create a plan that suits your taste and lifestyle.

INNOVATION: Revealing the Future of Health & Wellness

How do you separate the latest health trends from true breakthroughs, and medical fact from myth? Get no-nonsense answers from experts led by Richard Carmona, MD, MPH, FACS, Canyon Ranch Chief of Health Innovation, 17th Surgeon General of the United States. Get an in-depth, informed view of what you can expect now and possibilities in the future.

PLEASE SEE REVERSE SIDE FOR PROGRAM DATES.

For reservations, or for more information, call 800.742.9000.

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JANUARY	
12/30- 1/6	Weight Loss Program
6	Private Group
13	Elevate: Launch Your Best Life
20	Achieve: Reach Your Healthy Weight
27	Elevate: Launch Your Best Life

FEBRUARY	
3	Encore: Flourishing in the Second Half of Life
10	Achieve: Reach Your Healthy Weight
17	Elevate: Launch Your Best Life
24	Vitality: Boost Your Brain Power

MARCH	
3	Achieve: Reach Your Healthy Weight
10	Presence: Mindfulness in the Modern World
17	Elevate: Launch Your Best Life
24	Achieve: Reach Your Healthy Weight
31	Journey: A Woman's Retreat

APRIL	
7	Elevate: Launch Your Best Life
14	Achieve: Reach Your Healthy Weight
21	<i>No program offered</i>
28	Elevate: Launch Your Best Life

MAY	
5	Achieve: Reach Your Healthy Weight
12	Presence: Mindfulness in the Modern World
19	Elevate: Launch Your Best Life
26	<i>No program offered</i>

JUNE	
2	Private Group
9	Achieve: Reach Your Healthy Weight
16	Vitality: Boost Your Brain Power
23	Elevate: Launch Your Best Life
30	Achieve: Reach Your Healthy Weight

JULY	
7	Elevate: Launch Your Best Life
14	Inspire: Embrace Spiritual Wellness
21	Achieve: Reach Your Healthy Weight
28	Elevate: Launch Your Best Life

AUGUST	
4	Private Group
11	Presence: Mindfulness in the Modern World
18	Elevate: Launch Your Best Life
25	Achieve: Reach Your Healthy Weight

SEPTEMBER	
1	Elevate: Launch Your Best Life
8	Achieve: Reach Your Healthy Weight
15	Vitality: Boost Your Brain Power
22	Achieve: Reach Your Healthy Weight
29	Elevate: Launch Your Best Life

OCTOBER	
6	Achieve: Reach Your Healthy Weight
13	Thrive: Keep Moving & Celebrate Aging
20	Elevate: Launch Your Best Life
27	Achieve: Reach Your Healthy Weight

NOVEMBER	
3	Elevate: Launch Your Best Life
10	Achieve: Reach Your Healthy Weight
17	Innovation: Revealing the Future of Health & Wellness
24	<i>No program offered</i>

DECEMBER	
1	Elevate: Launch Your Best Life
8	Achieve: Reach Your Healthy Weight
15	Presence: Mindfulness in the Modern World
22	<i>No program offered</i>
29	Elevate: Launch Your Best Life

Subject to change.