



4 days of nature, good company,
personal time, renewing fun,
food, relaxation & tranquility.



Our focus is promoting the
physical & mental health of women.



Sponsored by  **Memorial Medical Center**
Neillsville, Loyal, Greenwood **Care...at its best**

Women's Gunflint Get-Away

June 10-13, 2010



Focus on Women's Health

At Memorial Medical Center, we promote the physical, emotional and spiritual health of our patients and communities. To establish a more unique focus on women's health, we're hosting a retreat at Gunflint Lodge.

Our Destination

The resort is located in the Laurentian Highland of Northeastern Minnesota. Gunflint offers a picturesque "up north" setting that feels like it's a continent away from the hectic pace of your daily life. It's rustic enough for your flannel shirt and jeans, yet luxurious enough so you leave feeling pampered and renewed. Cozy cabins are furnished with a kitchen, refrigerator, coffeemaker, fireplace, sauna, deck and semi-private bathrooms.

Come alone and get assigned to a cabin that has space, or come with friends and your cabin will be matched to your group size. Gunflint Lodge is located approximately fifty minutes northwest of Grand Marais, MN. The trip from Neillsville to the Lodge takes roughly six hours—almost three of that along the north shore of Lake Superior. There are several great shoreline gift and dining opportunities along the way.



Retreat Details

Your retreat package includes lodging for three nights, all meals, all included activities (see itinerary), as well as access to canoes, kayaks, boats, live bait, fish filleting, and hiking trails. Additional activities available for a charge: 1/2-day guided fishing trips, horseback riding, and personal massages.

Plan for quiet time, but don't even consider missing a meal. Gunflint Lodge is known for its exquisite cuisine. Bring casual wear, comfortable foot wear for hiking, binoculars, compass, camera, journal and toiletries. Don't forget a swimming suit for the sauna/hot tub. Wine and cocktails are not included in the cost, except for the initial welcome wine and cheese reception. You may opt to bring spirits for use in your cabin.



Itinerary of Included Activities

Do as much or as little as you choose -- *no one is keeping track.*

Day 1 (Thursday, June 10th): arrival at Gunflint Lodge between 1-2pm and getting settled into cabins. Later that afternoon, meet at the Lodge for a wine and cheese reception, then dinner and an evening at leisure.

Day 2 - 3: Reinvigorate your mind, body, and spirit by participating in activities, such as: guided hike to the high cliffs, paddling instruction & short paddling trip, pontoon boat trip to Bridal Falls, hike to Magnetic Rock or Lonely Lake, early-morning moose search, and Northwoods stories around the campfire. Also, treat yourself by indulging in another of Gunflint's true highlights: their scrumptious cuisine — sure to keep you energized and in good spirits.

Day 4 (Sunday, June 13th): Departure after breakfast.

Cost is \$379 per participant. Full payment (*cash, check, or money order only*) must accompany your registration. The deadline to register is Monday, April 19, 2010.



Name _____

Address _____

Telephone _____

City _____

Email _____

If you are requesting specific roommate(s) please list their names here. You will have your own bed, but may be share the room with others. _____

For more information, please contact Sharon Bergsholm (743-8441, sbergsholm@MemorialMedCenter.org) or Janet Schmidt (743-8454, jschmidt@MemorialMedCenter.org). You may also visit www.gunflint.com.

Please mail your completed form and registration fee to: Memorial Medical Center
Attn: Janet Schmidt
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