

Day 1
Friday, July 19th

	<p>Early Happy Body Retreat Check-In</p>
12:00 pm	<p>Take this extra time to grab lunch, sneak in an early spa treatment or some extra lounge time on the beach or by the pool.</p> <p>You can even schedule a nutrition counseling session, private yoga instruction or personal fitness training.</p>
4:00 pm	<p>Official Check-In</p> <p>Mini Spa Services offered: Manicure, Pedicure.</p> <p>Unpack, get settled, explore the resort.</p>
5:30 pm	<p>Welcome Reception:</p> <p>Welcome to the first ever Happy Body Wellness Retreat. Introduction of the team and goal setting sessions.</p>
6:15 pm	<p>Happy Body Experience:</p> <p>Healthy Happy Hour Wine and Hors d'oeuvres Pairing at the Vine restaurant in town.</p>
7:15 pm	<p>Happy Body Bites:</p> <p>Alfresco dinner at The Hope and Glory Inn in town. Guest will indulge in dietitian selected, freshly prepared meals designed with their goals in mind.</p>
8:45 pm	<p>Happy Body Relax:</p> <p>Your choice to stay and enjoy coffee at the Hope and Glory Inn, have a nightcap at Vine, head back to the Tide's to listen to the live band on the patio or catch some early night zzz's for the weekend ahead.</p>