

 **Personal Development
Retreat for Women 50+** 

Held on the North Fork of Long
Island

Ask The Best Of Yourself.

This retreat is specifically designed for women who are at this special time in their lives. In this peaceful retreat setting women will gain insight into themselves and explore their past, present and future.

The retreat is held at a bay-front location in Mattituck, NY | \$200 for retreat
Retreat begins at 9a through 4p; snacks and lunch included.

Your experience on the North Fork of Long Island can also include visits to the many surrounding beaches, vineyards, farms, spas, and bed & breakfast locations that make up this unique area.

To request a specific date or location for a Personal Development Retreat, please call (631) 298-7230. For a listing of accommodations, visit www.melmarenterprises.com.

In this workshop women will explore:

- How the messages we grew up with shaped our picture of being a woman
- Where we are now in our lives
- What our goals are for the next phase of our lives and identifying what areas are important for setting goals

The workshop format allows for questions and answers relevant to each individual.

Your facilitator Mary Eisenstein has conducted personal development programs with thousands of people around the world. She is also a mediator and personal coach.

For more information, retreat dates and to register, visit www.melmarenterprises.com or call 631-298-7230.