



# CU ANSCHUTZ HEALTH AND WELLNESS CENTER

## SAMPLE SCHEDULE CORPORATE WELLNESS RETREAT

(times and activities subject to change)

	Day 1	Day 2	Day 3	
7:00		Breakfast at Hotel (7:00-7:30am)	Breakfast at Hotel (7:00-7:30am)	Breakfast at Hotel
7:30		Travel to Anschutz (7:30-8:30am)	Travel to Anschutz (7:30-8:30am)	Travel to Airport
8:00				
8:30		Wellness Assessments (8:30am-11:30am) Wellness Clinic	Circuit Training (8:30-9:45am) Fitness Lab	
9:00			Snack (9:45am)	
9:30			Wellness Workshop with Dr. Margie (10:00-10:45am) Room 3007	
10:00		Snack (10:30 am)		
10:30		Wellness Assessments (8:30-11:30pm)	Yoga (11:00am-11:45pm) Studio 2	
11:00		"inteSati" Fitness Class (11:30-12:15pm) Fitness Lab	Lunch and Free Time (12:00-12:30pm)	
11:30		Lunch and Free Time (12:30-1:00 pm)	Transformational Journey with Dr. Holly (12:30-1:15pm) Room 3007	
12:00pm			Nutrition Education in <i>King Soopers Grocery Lab</i> (1:30-2:15pm)	
12:30		Wellness Report Review (1:00-1:45pm) Room 3007	Cooking Experience (2:30-4:30pm) Metabolic Kitchen (cooking lesson) and Demo Kitchen (cooking demonstration)	
1:00	Arrivals and Hotel Check-in	Wellness Workshop with Dr. Margie (2:00-2:45pm) Room 3007		
1:30				
2:00		Fitness Team Building (3:00-3:45pm) Parade Grounds		
2:30		Snack (4:00 pm)		
3:00		Free time (4:30-5:00pm)	Free Time to Relax or Freshen Up (4:30-5:30pm)	
3:30	Travel to Anschutz 4:30-5:30pm	Mindfulness and Stress Reduction Workshop (5:00-6:00pm)		
4:00		Return to Hotel 6:00pm	Celebration Dinner (5:30-7:30pm)	
4:30			Back to Hotel (7:45 pm)	
5:00	Tour and Group Orientation (5:30-7:00pm) Lobby and Room 3007			
5:30	Welcome Dinner (7:00-8:30pm) 3rd Floor Wellness Lounge			
6:00				
6:30				
7:00				
7:30				
8:00				
8:30	Return to Hotel (8:30pm)			