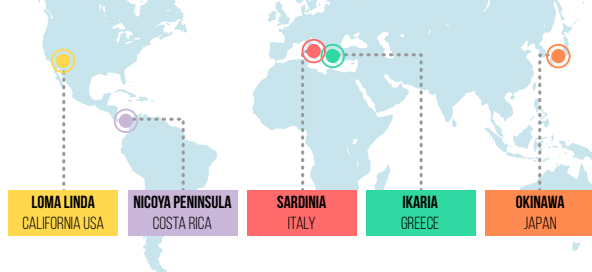


Neringa Women's Weekend 2024

"Live to 100 – Secrets of the Blue Zones"

BLUE ZONES OF THE WORLD

THE WORLD'S HEALTHIEST POPULATIONS



Blue zones are regions in the world where people are claimed to live longer than average. Examples of blue zones include Okinawa Prefecture, Japan, Nuoro Province, Sardinia, Italy, the Nicoya Peninsula, Costa Rica, and Icaria, Greece. Let's learn from these communities to increase our longevity and quality of life.

April 12-14, 2024

Join us for a wonderful weekend of reflection, rejuvenation and celebration in the beautiful hills of Vermont! This program is designed for an intergenerational group of women connected to Camp Neringa and Lithuania and who are interested in spending time to nourish mind, body and spirit. We are planning a variety of activities ranging from group discussion, exercise, art, cooking, and individual reflection. You deserve this, so please make the time to join us!

If you cannot come this year but would like to be remembered in our circle—please send us a note, and we'll have you with us in spirit!

Arrival and departure/registration information:

People are invited to arrive between 4pm-8pm on Friday, with some program and celebration beginning at 8pm. We will conclude the weekend following lunch on Sunday. The cost is by donation with a suggested range of \$170-\$500. Scholarships are available. Numbers of participants will be limited, and priority will be given to individuals who can commit to the full weekend.



A little background about the organizers:

Kristina Maciunas, M.D. is a Family Medicine physician with a holistic, integrative approach to medicine and a special interest in women's health. She frequently lectures on stress management and Holistic Women's Health.

Kerry Secrest is a professional leadership coach for individuals and organizations and facilitates trainings to a variety of audiences. She has been involved in personal development work for over twenty-five years. Please see her website at: www.watershedcoachingllc.com.

In their professional work, they both lead a number of women's circles of development and facilitated the first Neringa women's weekend in 2004, creating a unique experience for women who share a Lithuanian background.

For more details or to register, please contact:

Kristina Maciunas (304) 283-4335, maciunas.kr@gmail.com or
Kerry Secrest at (802) 490-0445, kerry@watershedcoachingllc.com