

JOIN US FOR

WELLNESS WEEKEND 2020

- JAN 23-28

Special guest speaker on wellness

Annual Community Health Fair

Recreational activities

Spa, fitness classes, yoga and much more

Community and Clinic outreach

Stay at Rancho Santana, a toprated resort on the Pacific coast of Nicaragua, near Costa Rica.



Thursday, January 23	Arrive in Liberia, Costa Rica, and go to the Liberia Hilton Garden Inn for an evening reception.
Friday, January 24	Travel to Tola, Nicaragua, for a welcome lunch, Clinic visit and evening reception.
Saturday, January 25	Attend annual Community Health Fair and gala dinner.
Sunday, January 26	Partake in a group lunch and recreational activities with board members.
Monday, January 27	Participate in community outreach and activities, and enjoy a farewell dinner.
Tuesday, January 28	Depart in the morning from Managua, Nicaragua.

\$2,500 per person

Includes five nights, superior resort lodging, meals and receptions listed above, local transportation and tours, program support, and spa event

*Receptions include drinks and appetizers

If you are interested in learning more about this special event, please email Lorena Cernadas at **Icernadas@nicaclinic.org**.





