



HEALTHY
HABITS
FOR LIFE
The Copeland Institute

HEALTHY HABITS FOR LIFE WEIGHT LOSS RETREAT

SPRING RETREAT - MAY 3-9 -- LIMITED SPACES LEFT!
SUMMER RETREAT - AUGUST 16-22
FALL RETREAT - NOVEMBER 8-14

Located in the Colorado Rocky Mountains of Boulder County - Medically Supported Weight Loss and Life Coaching Retreat

Fly to Denver International Airport. Stay in the upscale La Casa de la Luz European style spa setting with expansive views of Mt. Meeker, or at River Run, an intimate lodge on the nearby St. Vrain River

*All Inclusive Cost: \$2,300 Single Occupancy, \$2,100 Double Occupancy, \$3500 Couples sharing room. Airfare not included in cost.

Cost includes transportation from the Denver Airport, six nights lodging, six lean and green evening meals, five daily meal replacements, leadership of all group sessions and an individual session with a health coach, daily movement, optional art class and chair massage, access to indoor swimming pool and steam room shower.

LEADERSHIP:

The Rev. Dr. Verlee A. Copeland, Owner: COPE Certified Health Coach, Counselor Specialty Cognitive Behavioral Therapy, Co-Author "Sex and the Spirit", Pastor

Dr. Ellis P. Copeland, Owner: Coach, former Academic Dean of The Chicago School, and Professor Emeritus at The University of Northern Colorado

Ms. Liz Hilton, COPE Certified Health Coach, and Owner Well + Within Health Coaching

The Rev. Mike Bennett, COPE Certified Health Coach and Pastor

REGISTER NOW: WWW.HEALTHYHABITSFORLIFE.US

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