

# Escape to Sisterhood II

Women's Retreat Weekend

*"Finding the Strength in You"*



*Relaxation*



*Networking*



*Fitness*

**Featuring Evangelist Ericka D. Jackson**

**Keynote Speaker, Author, Life Coach**

[www.erickajackson.com](http://www.erickajackson.com)

**Friday October 9<sup>th</sup>, 2009 thru Sunday, October 11<sup>th</sup>, 2009**

*Accommodations provided by*

**Shell Island Resort, Wrightsville Beach NC**

**(Discounted rates available at \$149 per night thru September 8<sup>th</sup>, 2009)**

[www.shellisland.com](http://www.shellisland.com) or (910) 256-8696

*For more information on retreat or registration,*

Call (910) 473-0239, email: [escape2sisterhood@yahoo.com](mailto:escape2sisterhood@yahoo.com) or, visit [www.escape2sisterhood.com](http://www.escape2sisterhood.com)

*Escape to Sisterhood is geared towards renewing the mind, body, and spirit within women. Oftentimes, women devote so much time to family, work, and friends, that they often neglect themselves. This weekend will change that mindset, as we venture to renew the "strength within us" through workshops, networking, fitness, and relaxation. Please join us for this dynamic and empowering experience. Guest speakers, vendors, and entertainment will be there...you should too!*