



## **Premier Poconos Spa Destination Set to Host Inaugural Women's Wellness Week**

**March 28, 2024, Hawley, PA** — The Lodge at Woodloch is excited to announce its first-ever Women's Wellness Week, scheduled from May 17th to May 25th. This exclusive event aims to celebrate women's health and well-being through a series of enriching activities, workshops, and experiences designed to empower, educate, and inspire. Throughout the week, guests will have the opportunity to engage with leading experts in nutrition, fitness, mindfulness, and self-care.

Anne Fulenwider, Co-Founder and CO-CEO of Alloy Women's Health, takes center stage as the featured presenter of the week. With a distinguished background as a former magazine editor at The Paris Review, Vanity Fair, and as editor-in-chief of Marie Claire, Anne's journey into women's health was driven by personal loss and a commitment to reshape discussions around women's post-reproductive health. Drawing from research by Dr. Sharon Malone, Chief Medical Director at Alloy Women's Health, and Dr. Mary Jane Minkin, clinical professor at Yale University of Medicine, Anne will delve into the complexities of menopause, exploring topics such as hormone replacement therapy and non-hormonal alternatives. She and integrative wellness coach Sheryl Kraft will also address common queries surrounding menopause, offering valuable insights and guidance.

Whether traveling solo or with friends, Women's Wellness Week at The Lodge at Woodloch is ideal for women of all ages and backgrounds who are seeking to prioritize their health and well-being in a supportive and nurturing environment. The program will feature a diverse range of workshops and activities:

- **Nutrition and Health:**
  - Licensed clinical nutritionist Lori Fish Bard will share insights on smart nutrition for busy women and strategies for boosting energy levels through diet and lifestyle changes.
  - Certified leadership mindset coach Deb Cummins Stellato will address the challenge of daily self-care, offering strategies to break free from overwhelm and live a high-impact life.
  
- **Educational Experiences:**
  - Certified Herbalist Heather Houskeeper will discuss herbal teas for relaxation and improved sleep, guiding participants through the art of blending fragrant herbs to awaken the senses and soothe the nervous system.

- Professional Organizer Liora Seltzer will lead a session on the transformative KonMari Method™, empowering attendees to declutter spaces and cultivate joy and calm.
  - Certified Sommelier Sara Jimenez will conduct “Sip Smart” classes in which guests will learn to master the alchemy of beverages and create concoctions that dazzle without the side effects associated with sugary drinks and alcohol.
  - Aroma Wellness for Women classes will highlight the ways that essential oils can be utilized safely and effectively. Guests will have the opportunity to craft their very own aroma wellness blend.
- **Fitness Classes:** From barre and strength training workouts to aquatic pole dancing, guests can choose from a variety of fitness activities designed to tone muscles, improve flexibility, and boost energy levels.
  - **Art Workshops:** Creative sessions featuring floral arranging and Zendoodle offer opportunities for self-expression and relaxation, allowing participants to tap into their artistic side.
  - **Evening Activities:** Bingo Singo, trivia games, and karaoke nights provide opportunities for socializing with other guests as the day winds down.

"We are thrilled to host Women's Wellness Week at The Lodge at Woodloch," said Nancy Deaton, Spa Director. "Our goal is to provide a supportive and nurturing environment where women can prioritize their health and wellness while connecting with like-minded individuals and experts in the field."

In addition to the scheduled programming, guests will have ample opportunities to unwind and recharge amidst the tranquil surroundings of The Lodge at Woodloch. Whether relaxing at the spa, exploring the expansive grounds, or simply enjoying moments of quiet reflection, each day offers a chance for renewal and self-discovery.

Availability for Women's Wellness Week is limited, and advance reservations are required. For more information, please visit <https://www.thelodgeatwoodloch.com/about-us/blog/womens-wellness-week> or call 570-685-8000, Option 2.

### **About The Lodge at Woodloch:**

The Lodge at Woodloch is one of the finest all-inclusive luxury destination spa resorts in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 400+ wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The award-winning property features 59 luxury accommodations, a 40,000-squarefoot spa, a gourmet restaurant, and more.