

**One Ocean Resort & Spa | Jax Beach, Florida**

*The* **SH Energized**  
**Sis Starhood**  
*Wellness Retreat*  
Spirit | Mind | Body  
*Living Life, Out Loud!*

**JAN**  
**5th-7th**  
**2024**

**This High Energy, Inspirational & Fun Women's Empowerment Experience Will Feature:**  
*motivational messages, engaging workshops, interactive activities, panel discussions, social networking, personal development sessions, a vision board experience & more!*

*All Designed To Help Each Woman:*

**Value Herself | Connect With Others | Find Balance & Purpose And To...**

*Relax, Reflect, Release & Renew*

**You Can Also Join Us For The Pre-Retreat Activities:**

**Thursday, January 4th: Spa Day & Girls Night Out!**

**Friday, January 5th from 9AM to 1PM: Professional / Personal Development Session**

*Space Is Limited! Register Now!*

**Per Person Early Registration Rates Include:**

Friday & Saturday Night Lodging, Custom Badge, Retreat T-Shirt & Bag,  
Program Book, Retreat Sessions & Activities, Valet Parking, Friday Dinner,  
Saturday Breakfast & Lunch, Sunday Breakfast & JAX Airport Transportation

**Deluxe Coastline View**

\$500 | 3-Women Per Room

\$590 | 2-Women Per Room

\$865 | 1 - Woman Per Room

**Oceanfront Balcony**

\$600 | 3-Women Per Room

\$690 | 2-Women Per Room

\$965 | 1 - Woman Per Room

**All Rates Above Are PER PERSON Go Up By \$20 on May 1, 2023!**

**\$100**

**Pay Deposit To  
Lock-In Your Spot  
Pay By  
June 30th, 2023**

**For More Info Visit [www.SHEnergizedSisStarhoodRetreat.com](http://www.SHEnergizedSisStarhoodRetreat.com) or Contact Roxy Hall at 904-207-1278**