

One Ocean Resort & Spa | Jax Beach, Florida

**JAN**

**3rd-5th  
2025**

The **SH**Energized  
**Sis Starhood**  
Wellness Retreat  
Spirit | Mind | Body

*"Free Your Mind!"*

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 2nd: Spa Day & Girls Night Out!

Friday, January 3rd from 9AM to 1PM: Professional / Personal Development Session

Register or Pay Deposit By March 17th to Lock-In Early Bird Rates

Pay in Full By February 17th and Receive a \$50 Discount Off of Early Bird Prices

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

\$594 | 2-Women Per Room

\$876 | 1 - Woman Per Room

**Oceanfront Balcony**

\$600 | 3-Women Per Room

\$690 | 2-Women Per Room

\$965 | 1 - Woman Per Room

All Early Bird Rates Above Are PER PERSON Go Up By \$25 on March 18, 2024!

**\$50**

**Pay Deposit To  
Lock-In Your Spot  
Pay By  
March 17th**

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

**REGISTER NOW**