



BECKET-CHIMNEY CORNERS YMCA

Berkshire Outdoor Center

WOMEN'S WELLNESS WEEKEND

January 19-21st, 2018

Welcome to Women's Wellness Weekend 2018 – we are so happy that you're here. We know your life is full, busy, beautiful and at times crazy, so we are honored that you've chosen to spend some of your rare and valuable free time here, with us. Take advantage of this weekend as some well-deserved "me time" for yourself. We hope you leave this space feeling healthy with some new tools, knowledge and friends. Rest, relax, relate, rejuvenate!

Some things to remember:

- In a non-emergency situation in which you require assistance between the hours of 8:00am-10:00pm, you can reach Erika: **(413) 255-1855**
- In a non-emergency in which you require assistance between the hours of 10:00pm-8:00am, call the BOC Overnight Host Phone: **(413) 464-3230**
- In an emergency, **dial 911** followed by the BOC Emergency Phone Number: **(413) 679-1088** . Keep ringing until someone answers.
- Additional maps, schedules and other information are available on the registration table, in the dining hall, all weekend long.
- The store will be open during dinner if you would like to peruse BOC gear, or, purchase the official Women's Wellness fleece!



FRIDAY EVENING

5:30 – 7:00pm Registration Table is Open at the Chimney Corners Dining Hall. See Nicole and the BOC Staff for your schedule, and to learn more about the weekend!

6:30 – 7:30pm Dinner at the Chimney Corners Dining Hall.

7:00-8:00pm Sign ups open for classes with a “cap”- make sure you grab a spot!

8:00-9:30pm Friday Evening Activities! We couldn't wait to get the party started!

Session Title	Location	Presenter	Description
Sauna	Waterfront	BOC Staff	Join us in the sauna to drink in the warmth, sweat out some toxins and watch the steam rise from each others shoulders in the moonlight. Drinking water and layers for in and out of the sauna are a must!
Night Experience	Meet outside the North Room	Todd Creekmore	Experience the night like never before! This guided hike will explore how humans and animals have adapted to survive in the dark, and will also include some awesome science experiments and star gazing. Dress warmly!
Soulful Campfire and Open Mic	North Room, Dining Hall	Erica Wheeler	A journey of songs, stories and readings that evoke that feeling of a cozy campfire. Celebrate the seasons and nature all around is. Uncover your own stories and connection to place. Come just to listen or to join in! Songbook provided. New this year! Do you have a song, story or poem you might be brave enough to share? Bring it with you! 6 slots will be available at the concert. Concert ends at 9:00pm, and Erica will be available for conversation and questions until 9:30pm.
Late Night Tube	Meet Outside the North Room	BOC Staff	Join in the fun tubing down our hill under the lights. Wear warm clothes that will provide padding just in case you fly off your tube into the snow!
Sit n' Gab	Anywhere	All y'all	You don't <i>have to</i> do a class at any point in the weekend! If you want to chat with a friend, read a book or write a letter, you should!



9:15-10:15pm Women's Wellness Late Night:

Session Title	Location	Presenter	Description
Women's Wellness Trivia	Main Dining Hall	Jyler Donovan and Ben Dobkin	Bring yourself and up to four other friends to tackle the Women's Wellness Trivia 2018 Showdown. This three round event is sure to cause some serious noggin scratchin'. All skill levels and experience welcome.
Sauna	Waterfront	BOC Staff	Join us in the sauna to drink in the warmth, sweat out some toxins and watch the steam rise from each others' shoulders in the moonlight. Drinking water and layers for in and out of the sauna are a must!

SATURDAY

6:30-7:45am Pre-Breakfast Saturday:

Session Title	Location	Presenter	Description
Morning Climb	South End of Dining Hall	Eloise Peables	Rock climbing is one of the best exercises you can do to support cardiovascular health and well as strength conditioning. Join our certified, friendly staff and try climbing on our indoor wall. Start your day with a fabulous cardio workout.
Sunrise Sauna	Waterfront	BOC Staff	Make your way to the sauna in the dark, feel the warmth seep down into your core and stand steaming in the early light as the sun rises over camp – a start to a day you won't soon forget. Drinking water and layers for in and out of the sauna are a must!



Joyful Moves with Let Your Yoga Dance	Dance Studio	Alyson Lee	Join us for this incredible morning wake-up session! "Let Your Yoga Dance" is a magical Chakra Fusion! A joy-filled power dance combining yoga, the breath, and user-friendly dance with fabulous music from all around the world. In the words of its founder, Megha Nancy Bittenheim of Kripalu, "It's a funky, sacred, inspirational dance of the multi-dimensional self, bringing tons of fun and healing to body, mind, spirit. Let Your Yoga Dance® is for every single body and wonderful for all ages. " And nope, you don't have to know or practice any yoga, you don't have to be a dancer, and you don't even have to know what a Chakra is! Come have fun, move your body like you forgot how, and proclaim your own magnificence!
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8:15-9:00am Breakfast is served!

9:00-10:30am Saturday BLOCK A

Session Title	Location	Presenter	Description
Valentine Ornaments	Environmental Learning Center	Melinda Burri	Learn to make ornaments from common household products. Cinnamon, applesauce, glue, cornstarch and scented spices. After shaping and drying we will decorate them with paint, beads, ribbon, and found items. Limit 10 participants Sign up required. Limit 10.
Strength and Balance	Arts Center, Dance Studio	Kim Conley	Using the principle of resistance, body sculpting helps to strengthen muscles, bones and joints, important for overall physical health and well-being. This is a balanced workout that targets upper body, lower body and core. Diverse modifications help each students of all fitness levels achieve results.
Create a Sock Snowman	Lower Arts Center Classroom 1	Lynn Hover	Come create your own cute snowman to warm at you through the winter. All supplies provided by Lynn Hover, workshop leader. Minimal hand sewing depending upon what style of snowman you want to make. This is a simple design that you can modify to make it your own. Come craft with us!



Winter Ecology, Tree ID and Wildlife Tracking Trek	Meet outside North Room	Aimee Gelinias	Explore the woods on snowshoes and learn how to identify both evergreen and deciduous trees in winter by needles, bark, buds and ecological zones. Along the way we will stop to observe animal tracks and learn how to categorize them into 4 different movement types so you can practice at home! Wear warm layers and bring water for during or after.
Alpine Tower	Meet Outside South Room	Jyler Donovan	Test your limits and challenge yourself to brave the elements and the heights of the Chimney Corner's Alpine Tower. Wear warm clothes that you can move in and put a climbing harness over. No experience necessary, all levels of climbers and daredevils welcome!
Unglue Your Stuck Spots: Self Massage With Yoga Tune Up® Therapy Balls	Arts Center Main Room	Meredith Hutter Chamorro	Calling all bodies! Whether you play sports or practice yoga, or you sit at a computer, play an instrument or cook, come out and empower your health and wellbeing with this innovative tool for self-care. Yoga Tune Up® techniques will improve your posture, increase your range of motion, prevent injuries, reduce pain and tension, and improve performance in any area of your life. You know you "knead" it! Everyone is invited to this workshop: no prior yoga experience is necessary. Sign up required. Limit 20.

10:45am - 12:15pm Saturday BLOCK B:

Session Title	Location	Presenter	Description
Indoor Climbing Wall	South End of Dining Hall	Jyler Donovan	Rock climbing is one of the best exercises you can do to support cardiovascular health and well as strength conditioning. Join our certified, friendly staff and try climbing on our indoor wall.
Unglue Your Stuck Spots: Self Massage With Yoga Tune Up® Therapy Balls	Arts Center Main Room	Meredith Hutter Chamorro	Calling all bodies! Whether you play sports or practice yoga, or you sit at a computer, play an instrument or cook, come out and empower your health and wellbeing with this innovative tool for self-care. Yoga Tune Up® techniques will improve your posture, increase your range of motion, prevent injuries, reduce pain and tension, and improve performance in any area of your life. You know you "knead" it! Everyone is invited to this workshop: no prior yoga experience is necessary. Sign up required. Limit 20.
Playing With Your Food	South Room	Laurie Deluca	Laurie Metz DeLuca, a certified health coach through the Institute for Integrative Nutrition, has been experimenting with her own food and the way it affects her body and overall health for several years with very positive results. Participants in this class



			will be given articles, web addresses and book title suggestions to assist them in their own quest for better health and well-being. If you are considering making lifestyle adjustments and changes to your daily diet and are curious about topics such as today's "super foods" and the long-term health benefits of an elimination diet Then please come sip some dandelion root tea, exfoliate your skin with some coffee grounds and massage some kale!
Outdoor Cooking	Meet Outside North Room	Kay Taylor	Turns out roughin' it doesn't have to mean hot dogs on a stick, crunchy rice, or undercooked s'mores! Join us around the campfire, camp stove, and picnic table to learn a couple tips and tricks and some amazingly tasty recipes to make on your next camping trip whether it be in the backcountry or the backyard. Bring your appetites and dress warmly because we will be outside cooking around a fire!
Archery	Archery Range	BOC Staff	Let your inner Katniss, Merida or Hawkeye out and shoot some targets at the Chimney Corners Archery Range. Dress warmly
Zumba	Arts Center, Dance Studio	Kim Conley	Zumba is an exhilarating and effective Latin-inspired dance fitness class designed so anyone -- dancers and non-dancers alike -- can do it! Using moves from Salsa, Merengue, Cumbia, Reggaeton and other dance forms, this class integrates the basic fitness principles of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. It's a blast! Come join the party!

12:30-1:30 pm Lunch is served at the Chimney Corners Dining Hall

1:45 – 3:15pm Saturday BLOCK C:

Session Title	Location	Presenter	Description
Sense of Place Discovery and Reflection	South Room	Erica Wheeler	Discover your touchstone story get in touch with your deeper self. Learn a creative practice that evokes stories forgot you had or have longed to tell. Rooted in connection to nature, history and place, this workshop is a door into to your creative soul. Leave inspired and with a sense of place and belonging that is deeply needed in the world today. This simple yet profound practice really does work, even if you



			think you're not creative or a writer. For the perpetually curious to the published author. Bring a journal, pen and jacket for a quick step outside.
Introspective Improv	Arts Center, Main Floor	Ben Dobkin	Some say laughter is the best medicine, enjoy some laughter and make others laugh at a brief workshop on improvisational comedy. Take part in several short form games where you can practice wordplay, scene creation, and character building.
Needle Felting: Mini Gnome	Lower AC Room 1	Going Gnome	Beginner Needle Felting Class. During this class you will learn how to felt a mini gnome, using only a felting needle and some sheeps wool. This easy craft is relaxing and fun... the best news? You make a felted gnome that leaves with you, to take care of your home! \$10 Materials Fee. Sign up Required. Limit 18.
Cross Country Skiing for Beginners	Lower Arts Center, Room 2	Kay, Taylor and Eloise Peabbles	If you have never Nordic Skied before and want to try out this ancient and graceful snow sport, come on out for a lesson with our skiing queens, Eloise and Kay!
Cheese Making at Home	ELC	Chris Wellens	Learn how to make a simple, delicious cheese in your own kitchen. We will cover equipment, supplies, and basic techniques used in making most types of cheese. Participants will learn to make fresh mozzarella, from start to finish. After enjoying the fresh-made cheese each person will take home instructions for this and other cheese recipes and a set of ingredients to make a batch or two at home. This workshop is for beginners, and participants will learn by doing. (go home with a mini cheesemaking kit) Sign up required. Limit 20.
Broomball	Big Top outside DH	Christina Damalagas	Its brooms and a ball and snow! How could that not be a ball of laughs! Get ready to move and play hard out in the snow!

3:15pm Snacks available in the Dining Hall



3:30 – 5:00pm Saturday BLOCK D:

Session Title	Location	Presenter	Description
Needle Felting: Baby Penguin	Lower Arts Center, Room 1	Going Gnome	<p>Beginner Needle Felting Class. During this class you will learn how to felt a baby penguin, using only a felting needle and some sheeps wool. This easy craft is relaxing and fun... the best news? You make an adorable baby penguin that leaves with you!</p> <p>\$10 materials fee. Sign up Required. Limit 18</p>
Aerial Yoga for All Levels	Main Dining Hall	Jill Fleming	<p>Suspension Supported AERIAL YOGA combines traditional yoga poses done on the floor with a fabric "swing" suspended from above. In aerial yoga, the body weight is distributed between the hammock shaped swing and the floor. Many practitioners enjoy working with the hammock because it relieves pressure on the joints, especially the spine. Hanging in the swing also increases core strength and introduces an element of play. Transitioning in and out of yoga postures with the use of a swing prop improves balance and increases overall strength. Inversions are accessed safely and easily. Resting in the yoga hammock heightens relaxation for an overall balanced effect. * Please read contraindications to inverting before participating.*</p> <p>Sign up Required. Limit 8.</p>
Winter Forest Treasures- Evergreen Wild Crafting	South Room	Dan of Tamarack Hollow	<p>Participants will learn how to identify Balsam Fir and Red Spruce collected at Tamarack Hollow Nature & Cultural Center and will wild craft White Pine and Eastern Hemlock outside at the workshop. Learn how to make and take evergreen sachets, wildcrafted herbal tea and spruce tip sugar and salt!</p> <p>Sign up Required. Limit 15.</p>
Vegetable Seed Starting	ELC	Chris Wellens	<p>Learn how to easily start your vegetable garden from seed this year! This workshop will focus on indoor sowing and growing-on practices, including preparation of an effective seed-sowing schedule, techniques for successful germination of challenging seeds, seed starting equipment and management of plants at various stages of growth. Workshop participants will practice seed sowing and transplanting a variety of plants to take home for the spring and summer growing season.</p> <p>Sign up Required. Limit 20.</p>



Breathe In, Bliss Out: A Workshop in Conscious Relaxation	Manor Lounge	Meredith Hutter-Chamarro	<p>Loaded with adrenaline and stress, most of us can easily accelerate from 0-60 in a heartbeat, but do you know how to decelerate from 60-0 effectively without crashing? Skillful recovery makes a lasting impression on your performance-driven body. Recovery is maximized by uncovering and re-patterning chronic stress in your diaphragm and respiratory muscles. This experiential workshop breaks down the mechanics of down-regulation before your body has a breakdown. Explore simple, effective, and innovative techniques for "hacking" your nervous system to improve resilience and create conditions for deep healing. You will unbind muscular tension, relieve anxiety, and master the art of "Blissing Out." encouraging self-reflection. One's sankalpa will permeate through every inch of the body through some very gentle movement, breathing, and meditation. Harmonize your body, mind, and spirit to find more meaning in your life.</p> <p>All levels truly welcomed and accommodated. No experience with yoga necessary.</p>
Family Tree Framed Art	Lower Arts Center, Room 1	Diane Burke	<p>Participants will work with craft paper and other art supplies to make a unique family tree that is tailored to your family. Creativity and Individuality abound once people get started. .</p> <p>\$5 Materials Fee. Sign up required. Limit 12.</p>
Extended Snow Shoe hike to Camp Becket	Meet in Lower Arts Center classroom 4	Ben Dobkin	<p>Throw on some shoes, snowshoes that is! Join in an invigorating hike (a little over 1 mile each way) over the inter-camp trail to Camp Becket. Check out frozen Rudd Pond and the majesty of an untouched area in the winter at the historic boy's camp.</p>

5:30 – 6:30pm

Golden hour! Relax, take a hot shower, have a siesta **OR.....**



5:30-6:30pm Golden Hour Activities:

Session Title	Location	Presenter	Description
Family Tree Framed Art (Continued)	Lower Arts Center, Room 3	Diane Burke	Participants will work with craft paper and other art supplies to make a unique family tree that is tailored to your family. Creativity and Individuality abound once people get started. \$5 Materials Fee. Sign up required. Limit 12.
Magic Stain Removal Demonstration	South Room	Brie O'Neill	For one night only! The amazing Brie will be showing off her unparalleled stain removing abilities! Grass? Got it! Blood? No problem! She is a wizard with stain removal!
Extended Snow Shoe hike to Camp Becket (Continued)	Meet in Lower Arts Center classroom 4	Ben Dobkin	Throw on some shoes, snowshoes that is! Join in an invigorating hike (a little over 1 mile each way) over the inter-camp trail to Camp Becket. Check out frozen Rudd Pond and the majesty of an untouched area in the winter at the historic boy's camp.
Sauna	Sauna	BOC Staff	Take the opportunity to sit in the warmth and relax your muscles and your mind after a long day of doing and learning.
Traditional and Fire Poi Demonstration	Chimney Big Top	Brendan Jones and Cody Randell	Watch our Master Poi Spinners demonstrate their wicked skills and try out some spinning for yourself! Dress warm, this will be outside at night!

6:30pm Women's Wellness Banquet Dinner- Feel free to dress up or not while you enjoy a fabulous dinner with new and old friends!

7:30-7:45pm January 2018 Women's Wellness Group Photo in Dining Hall



7:30 – 8:30pm**Post-dinner programming:**

Session Title	Location	Presenter	Description
Sauna	Sauna	BOC Staff	Relax after dinner in the warmth of the sauna. Bring your own towel, full water bottle and layers for in and out of sauna!
Drumming for Wellness!	South Room of Dining Hall	Aimee Gelinas	Experience ancient drumming from Africa, the Caribbean and beyond with traditional instruments such as the djembe, conga, and shekere. Learn traditional rhythms and chants that honor the natural world and have fun making music together in this joyful community experience~
Night Experience	Meet Outside the North Side	Todd Creekmore	Experience the night like never before! This guided hike will explore how humans and animals have adapted to survive in the dark, and will also include some awesome science experiments and star gazing. Dress warmly!
Indoor Climbing Wall	South End of Dining Hall	Jyler Donovan	Rock climbing is one of the best exercises you can do to support cardiovascular health and well as strength conditioning. Join our certified, friendly staff and try climbing on our indoor wall.

8:30~10:00pm

Session Title	Location	Presenter	Description
Contra Dance	Main Arts Center	Dela Murphy and Band	1.5 hours of social dancing taught with live music! Participants should wear soft-soled shoes, clothing they can sweat in, and a full water bottle.
Bon Fire	Chimney Amphitheatre	BOC Staff	Sit under the stars by the fire; enjoy the company of old and new friends, Singing, story-telling and general merriment is encouraged. S'mores ingredients and hot cocoa will be provided.

11pm – 6am**Quiet hours in Lodges**

SUNDAY

6:30-7:45am Pre-Breakfast Sunday:

Session Title	Location	Presenter	Description
Reflective Snow Shoe Hike	Lower Art Center, Classroom 4	BOC Staff	Experience your thoughts and the sights and sounds of Smith Pond in quiet during our Reflective Hike. As you travel into the forest, take this rare opportunity of quiet to reflect on your goals for the weekend, appreciate the natural world, and contemplate the way noise and talking effect our everyday emotions.
Morning Sauna	Waterfront	BOC Staff	Start your day the Finnish way! Come out of the cold and into the fragrant warmth of our cedar sauna on Smith Pond as the sun peeks over the pines.
Morning Yoga	Dance Studio	Kim Conley	Come explore the ways in which the ancient practice of Hatha Yoga can enhance your wellbeing! This class is designed for beginners and seasoned yoga practitioners alike around the principle of "less is more" and includes instruction in deep breathing, soft flowing movement, help postures, meditation, relaxation and yoga philosophy. Wear clothes for movement, a warm indoor layer and bring water.

8:15am

Breakfast! Eat up – we still have a big half-day ahead



9:00 – 10:30am Sunday BLOCK E:

Session Title	Location	Presenter	Description
Aerial Yoga for All Levels	Main Dining Hall	Jill Felming	Suspension Supported AERIAL YOGA combines traditional yoga poses done on the floor with a fabric "swing" suspended from above. In aerial yoga, the body weight is distributed between the hammock shaped swing and the floor. Many practitioners enjoy working with the hammock because it relieves pressure on the joints, especially the spine. Hanging in the swing also increases core strength and introduces an element of play. Transitioning in and out of yoga postures with the use of a swing prop improves balance and increases overall strength. Inversions are accessed safely and easily. Resting in the yoga hammock heightens relaxation for an overall balanced effect. * Please read contraindications to inverting before participating.* Sign up Required. Limit 8.
Cross Country Skiing	Lower Arts Center Classroom 2	Kay Taylor and Eloise Peables	If you have never Nordic Skied before or if you grew up kicking and gliding, come on out for a ski around our beautiful Campus.
Sugar, Cravings, and Emotional Eating! Can You Relate?	Manor Lounge	Nicole Anagnos	This is an eye-opening workshop where each participant will have the opportunity to assess which areas of their life may be contributing to unhealthy eating habits or weight gain! You will learn about why other aspects of your life (and not just your food) may be the cause of your weight gain. You will leave our workshop with realistic individual goals to start making simple but powerful changes today! This is a fun and interactive experience for all.
Snow People Craft		Lynn Hover	Description Forthcoming
Valentine Tree	ELC	Melinda Burri	We will make a free standing or wall hanging 'tree' on which to hang valentine ornaments. The tree can be used to hang ornaments made in the first session or new ones made with felt, paper, ribbon and other materials. Limit 15 participants for this class.



Play to Your Strengths	South Room	Alyson Lee	<p>Learn to identify your unique character strengths and in a playful, upbeat environment, discover how to live a more meaningful and happy life by leading with your "Signature Strengths". Participants will walk away invigorated, with increased clarity about who they are and how to bring their unique gifts to their day, their families, their work, the world.</p> <p>Participants, before joining, please take the quick survey at www.viacharacter.org and bring your printed results to the workshop.</p>
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10:45am – 12:15pm Sunday BLOCK F:

Session Title	Location	Presenter	Description
Mat Pilates	Art Center, Main Room	Kim Conley	Mat Pilates is a method of building muscular strength, flexibility and coordination through low impact exercises designed to move the body through all planes of motion using the muscles of core stabilization – aka the Powerhouse muscles – to generate movement. This is a full body workout which is challenging, but fun, with diverse modifications so students of all fitness levels can feel successful.
Giant Swing	Meet Outside South Room	Jyler Donovan	Brave the cold and the heights and challenge yourself on a fun element of the Chimney Corners Ropes Course. Come at the beginning of the session for a safety briefing and bring your friends because they are the ones that haul you up to the top of the swing!
Yoga Tune Up® Therapy: Upper Body Tension Tamer	Arts Center, Dance Studio	Meredith Hutter Chamarro	<p>Using a combination of self-massage with Yoga Tune Up® Therapy Balls, corrective exercises, and gentle yoga, you will learn to dissolve the habitual tension you carry in your upper back, neck, shoulders, and arms. Correct your posture while eradicating pain and feel years younger! Every BODY welcome, appropriate for all levels of fitness and experience.</p> <p>Please dress in comfortable, form-fitting clothing, such as you would wear for yoga class!</p> <p>Yoga Therapy Balls will be on sale after this workshop.</p> <p>Sign up required. Limit 20.</p>



Is Stress Making You Sick?	Manor Lounge	Nicole Anagnos	It is now believed that 80-90% of all disease is stress related. We are stressing our bodies every day and not even realizing it! In this workshop participants will discover simple ways to decrease stress in the body, as well as wellness techniques to prevent illness. This is a fun class and you will leave with a new perspective and the tools you need to be proactive in your health!
Edible(for Birds) Bird Houses	Lower Arts Center, Room 1	Alice Burke	We start with a plain wooden birdhouse and using bird safe "glue" we will decorate the bird house with assorted seeds, dried fruit and nuts. You will end up with a beautiful work of art that the birds will be able to live in and eat! This can be covered with seeds over and over again as the birds finish their birdhouse buffet. Sign up required Limit 12. \$5 per person.
Fermentation Workshop	ELC	Eloise Peables	Description Forthcoming

12:30pm Lunch! Enjoy your final feast with us.

1:15 – 1:45pm Store is open! Last chance to grab some Berkshire Outdoor Center apparel to commemorate your favorite weekend of the year! Credit cards, checks or exact change only, please.

1:45-3:00pm Final Activity Block: If you want to hang out just a little bit longer, our staff will be offering the following activities:

Session Title	Location	Presenter	Description
Tubing	Tubing Hill Behind Ranch	BOC Staff	Join in the fun tubing down our hill behind Apple Blossom Ranch for some good ole' fashioned fun! Wear warm clothes that
Indoor Climbing Wall	South End of Dining Hall	Jyler Donovan	Rock climbing is one of the best exercises you can do to support cardiovascular health and well as strength conditioning. Join our certified, friendly staff and try climbing on our indoor wall.



LOCAL ATTRACTIONS: Per popular request, we've included a short list of area attractions if you are interested in exploring the local Berkshires!

Canterbury Farm 1986 Fred Snow Road, Becket, MA

Canterbury Farm, located just 5 minutes from Chimney Corners is open to the public and offers options for more advanced Nordic skiing as well as rentals and grooming for skate skiing. Women's Wellness has a deal where you can ski for free when you mention that you are a participant in our Women's Wellness Weekend program! Bring your own gear or borrow from BOC or pay for rentals at Canterbury. Sign-in at the main office when you get there!

Becket General Store 3235 Main Street, Becket, MA 01223

In need of a newspaper, Advil, or wine re-stock? Looking for some basic groceries to tide you over until dinner? Do you need an ATM to get cash out? This local hot-spot offer general convenience items, as well as hot grill and pizza options if you're in need of a mid-day snack!

Lee Premium Outlets 17 Premium Outlet Blvd, Lee, MA 01238

The Lee Outlets is home to over 60 retail stores.

Moe's Tavern 10 Railroad St, Lee, MA 01238

This bar offers a wide range of high quality, unusual beers, as well as a local package store where you can pick up a 6 pack of your new favorite beer to bring back to Women's Wellness!

Red Lion Inn 30 Main St, Stockbridge, MA 01262

In operation for over 240 years, the Red Lion Inn offers lunch and dinner menus, as well as guest lodging for visitors in the Berkshires.



Norman Rockwell Museum 9 MA-183, Stockbridge, MA 01262

Home to the largest collection of Norman Rockwell art, including paintings from the *Saturday Evening Post* and *The Four Freedoms*. Museum also includes visiting exhibitions of other artists.

Mass MOCA 87 Marshall St, North Adams, MA 01247

The Massachusetts Museum of Contemporary Arts is host to numerous exhibits of visual and performing arts.

Ski Butternut 380 State Road, Route 23, Great Barrington, MA 01230

We understand if you need to get off camp to get your snow-fix! Ski Butternut offers 110 acres of skiing over 22 trails

