

CONNECTING: Relationships That Work

Daily:

6:30 a.m. Morning Walks

7-9 a.m. Group Breakfast

11:30 – 2 p.m. – Lunch on Your Own

5:30 – 8 p.m. – Dinner on Your Own (Tues-Fri: make your reservations in advance)

Sunday, October 10

4:00-5:30 p.m. – Your Journey Begins: Welcome Circle & Program Orientation

5:30 p.m. – Group Dinner

- **All sessions are 1 hour unless otherwise noted as 1.5 hours**

Monday, October 11

9 a.m. – Cardio Strong

10 a.m. – Nourishing Your Relationship with Food

2:00 - 3:30 p.m. – Your Relationship with Romantic Partners

5:30 p.m. – Group Dinner

Tuesday, October 12

9 a.m. – Strong at Home

10 a.m. – Your Relationship with Self

2 p.m. – When Grief Enters Your Relationship

Wednesday, October 13

10 a.m. – Managing Your Personal Relationship with Energy

2 p.m. – Your Relationship with Family: Friend or Foe

4 p.m. – Your Relationship with Sleep

Thursday, October 14

9 a.m. – Cardio Challenge

10 a.m. – Your Relationship with Self – From an Elder's View

2 - 3:30 p.m. – Relationships at Work

4 p.m. – Your Relationship with Play

Friday, October 15

9 a.m. – Strong & Agile

10:00 - 11:30 a.m. – Your Relationship with Sex

2 p.m. – Authentic Relationships Through a Virtual Lens

4 p.m. – Homeward Bound: Your Journey Home