



Golden Pineapple Bed & Breakfast on a wintry day Port Jefferson, New York

Retreat Incorporates The Following Activities, Seminars & Workshops

- Dietary Guidance
- Discussion Groups
- Yoga
- Walking & Stretching
- Tai Chi
- Meditation
- Dancing
- Writing For Health
- Cooking For Health
- Art
- Music

Alternative Therapies

- Acupuncture
- Massage
- Reiki
- Skin Care

Schedule of Introductory Rates

Overnight Guests

King Room: \$2421 for two
 Queen Room: \$2296 for two
 Queen Room: \$1473 for one
 Non-refundable deposit of \$500 due at time of reservation.

Commuting Guests

\$ 650 per person
 Non-refundable deposit of \$150 due at time of reservation.

Retreat Rates include: All 5 days of RESET™ meals and supplements, workshop/activity fees, and some transportation for over night guests if necessary. Non-refundable deposit of 50% required 2 months prior to retreat.



Golden Pineapple Health Retreats

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 Port Jefferson, New York
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 www.goldenpineapplebandb.com



Golden Pineapple Health Retreat

Reclaim Your Health in 2009!

The **January 26-30th** Heart Healthy Retreat will focus on specific lifestyle changes that may improve: diabetes, metabolic syndrome (pre-diabetic), cardiovascular disease, high blood pressure and high cholesterol.

Participants will be guided step by step, and be actively involved in creating and adopting healthy lifestyle changes. This 5-Day Heart Healthy Retreat enthusiastically utilizes RESET™, one of the pharmaceutical grade products & programs developed and manufactured by USANA Health Sciences. Guests can elect to enjoy the overnight accommodations of the beautiful, historic Golden Pineapple Bed & Breakfast or commute from home throughout the retreat.

Recognizing the need for continued support and guidance after the retreat is complete, participants will have the opportunity to take advantage of the "Healthy For Life" online follow-up program to help them stay on track. The healthy lifestyle changes do not have to end when the retreat is finished. (See other side future retreats. Please go to our website for updates.)

5-Day Heart Healthy Retreat - Jan 26-30th

Five Days to a New You



The RESET™*: 5-Day High Fiber Cleanse is a jumpstart to healthy living. The program is simple. For five days, all meals and snacks will be replaced with USANA's delicious foods (shakes and bars) as well as fruits and vegetables. The program also includes USANA's world-class nutritional supplements which provide essential micro-nutrients needed to maintain a healthy lifestyle.

In five days with USANA's RESET™, you can:*

- *Lose those first few pounds**
- *Curb hunger through low glycemic foods*
- *Launch into your healthy lifestyle by breaking poor nutritional habits*

USANA's RESET™ is one of the most nutritionally complete meal-replacement programs available today. It includes both macro-nutrition (carbohydrates, proteins, and beneficial fats) and micro-nutrition (vitamins, minerals, and antioxidants).

*These statements have not been evaluated by the Food and Drug Administration. The components of the RESET™ program are foods and are not intended to diagnose, treat, cure, or prevent any disease. As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term results. Results will vary. Children under the age of 18 should not participate in the RESET™ program, except on the advice of their physician and/or dietician. It is suggested that you speak to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant, lactating, have allergies, are taking medications, or are under the care of a physician. RESET is a trademark of USANA Health Sciences.



Golden Pineapple Health Retreats

201 Liberty Avenue, Port Jefferson, NY 11777, (631) 331-0706, www.goldenpineapplebandb.com



Our mission is to provide a destination for personal growth, nourishment, and well-being through education and first hand experience, in a collective effort to cultivate overall health and self awareness.



Frequently health professionals recommend changing eating and exercise habits as the first step to improving many health conditions. Unfortunately, most people do not know how to get started. GOLDEN PINEAPPLE HEALTH RETREATS can help jumpstart a healthy lifestyle. Our programs, such as the 5-day retreats*^{††} provide a step by step learning experience to optimal nutrition and exercise relevant to specific health conditions. The best way to learn is to experience it yourself. While no two people are the same, many people have found relief and improved quality of life through proper nutrition and increased activity levels. It is our sincere hope that your Golden Pineapple Health Retreat experience will be rewarding on many levels. Please join us.

**Golden Pineapple Health Retreats are not intended to diagnose, treat, cure, or prevent any disease. It is suggested that you speak to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant, lactating, have allergies, are taking medications, or are under the care of a physician. Results will vary.*

2009 Up Coming Retreat Schedule

Please check our website for retreat pricing, calendar changes, and updates.

January

1/26-1/30 - 5-Day Heart Healthy Retreat

February

2/3 - Mommy's Time-out Retreat

2/6-2/7 - Heal the Healers Retreat

2/12 - Mother-Daughter Retreat

2/16-2/20 - 5-Day Heart Healthy Retreat

2/24 - Mommy's Time-out Retreat

2/27-2/28 - Mother-Daughter Retreat

March

3/5 - Baby the Mommy Retreat

3/9-3/13 - 5-Day Boundless Motion Retreat

3/15 - Girls' Day Out Retreat

3/20-2/21 - Baby the Mommy Retreat

3/24 - Mommy's Time-out Retreat

3/30-4/3 - 5-Day Breathe Deeply Reset Retreat

April

4/7 - Baby the Mommy Retreat

4/9-4/12 - Couples' Retreat

4/14 - Mommy's Time-out Retreat

4/20-4/24 - 5-Day Transformation Retreat

4/26 - Girls' Day Out Retreat

4/28-4/29 - Heal the Healers Retreat

Select from the following retreats*

5-Day Retreats^{††}

Heart Healthy: Diabetes, Metabolic Syndrome (Pre-diabetic), Cardiovascular Disease, High Blood Pressure, High Cholesterol, etc.

Boundless Motion: Autoimmune Connective Tissue Disorders (Rheumatoid Arthritis, Lupus, Fibromyalgia, Sjogren's Syndrome, Crohn's Disease, etc.)

Breathe Deeply: Asthma & Allergies

Fresh Start: Stop smoking; minimize withdrawal symptoms and nourish your lungs.

Transformation: Weight release; encouraging a healthy relationship with food.

^{††}All 5-Day Retreats incorporate RESET™, a 5-Day High Fiber Cleanse by USANA Health Sciences.

1-2 & 3 - Day Retreats

Heal The Healers: TLC for medical professionals. Relax, personally experience & learn about alternative therapies and nutritional regimens. Allow others to take care of you. Refresh your body, mind, and spirit. Replenish your healing energy.

Mother-Daughter: Reconnect, foster your special bond and stride down that healthy path together.

Baby the Mommy: Pregnancy Retreat. Dedicate time for your self before the baby arrives. Pregnancy, childbirth, & breastfeeding related nutrition, exercises, and workshops.

Couples' Retreat: Pamper each other. Dedicate time to fall in love again.

Writers' Post: Spend a day nourishing your body, mind, soul, and pen. Obtain health through expression and relaxation.

Mommy's Time-out: Put your feet up and relax mommies! Who is that woman behind the Mommy? Re-introduce yourself. Renew your energy.

Girls' Day Out: Reminisce on the good old days with your best friends. Get fit, healthy, beautified, and rejuvenated together. (Great bachelorette party event)

Custom Design Retreats

We will be happy to work with you to design a custom retreat for you and your guests. Our retreat specialists are here to help guide

We also offer optional alternative therapies: Acupuncture, Massage, Reiki, Facials, etc.