



WOMEN'S WELLNESS DAY

Women's Wellness Day @ Camp Lincoln.
Replenish energy, build connections, and immerse yourself in activities that will be sure to rejuvenate the mind, body and spirit.



SATURDAY, SEPTEMBER 20TH
8:15 AM- 4:30 PM



HELD AT YMCA CAMP LINCOLN
67 BALL RD, KINGSTON, NH



PARTICIPATION FEE:\$85

Activities:

- Mindful Morning Stroll
- Well-Being Workshop - The Self-Care Reset
- Pontoon Boat
- Guided Paddle
- Ropes Course
- Intentional Bracelet Making
- Featured Speaker
- Campfire
- Compassionate Letter Writing

Group Exercise Classes

- Barreless Burn
- Yoga Nidra
- Yoga Mindfulness
- Zumba
- Pilates

REGISTER

SCAN ME



INSTRUCTOR LINEUP



SHANNON SEIFERTH

Founder of Simply Well, LLC

Well-Being Workshop
The Self-Care Reset



AIMEE HAUTHAWAY

Intentional Bracelet Making
Compassionate Letter Writing



WILHELMINA BRADLEY

Yoga Mindfulness
Pilates



CARRIE BECKER

Yoga Nidra



CAROLINE RUHM

Zumba



SUSAN STOVER

Barreless Burn



JENNIFER DESROSIERS

Featured Speaker

In this energizing keynote, Jennifer empowers high-achieving women to overcome burnout and reclaim their vitality, wealth, and wildness.

Women's Wellness Day

This Day Is Your Day

Enjoy a day filled with activities to choose from—talks, classes, creative workshops, and outdoor adventures. Mix and match to suit your mood, try something new, and leave the day feeling refreshed, inspired, and connected.

Here is a list of the activities that we'll offer:

Featured Speaker – Jennifer Desrosiers

The Wilder Way: Reclaiming Vitality, Wealth & Wildness

In this energizing keynote, Jennifer guides high-achieving women to break free from burnout and reclaim their vitality, wealth, and wildness through The Wilder Way—a holistic framework for aligned success rooted in courage, wellness, and adventure. Blending practical strategy with personal storytelling, she inspires women to lead with grace, design their days around what matters most, and treat life like the grand expedition it is.

Speaker Bio

Jennifer Wilder formally (Desrosiers) is a multi-passionate entrepreneur and rebel business strategist, speaker, and experience designer redefining what it means to lead with both fire and grace. As the founder of multiple hospitality brands like LANEY & LU and GINGER FOX and a mentor to women in business, she's devoted to building businesses that prioritize impact, integrity, and soul. Jennifer believes in playing full out—while honoring well-being as a non-negotiable. Through immersive experiences, mastermind programming, and bold storytelling, she helps women create success on their own terms.

Wellness Talk – Shannon Seiferth

Permission to Pause: The Self-Care Reset – Wellness Talk

In a world that constantly demands more, this workshop offers something rare: permission to pause. Through reflection, conversation, and practical tools, you'll explore what drains and fuels you—and reset your relationship with self-care. Leave with simple strategies, fresh energy, and the freedom to put yourself first, guilt-free.

Group Fitness Classes

Barreless Burn – Susan Stover

A 45-minute class that targets all the classic barre muscle groups—no barre required! Using precise, controlled movements, you'll strengthen, tone, and sculpt your entire body.

Zumba – Caroline Ruhm

Join the dance fitness party! This high-energy class blends low- and high-intensity moves in an interval-style workout that delivers cardio, muscle conditioning, balance, and flexibility—all set to fun, uplifting music.