

WELLNESS ACTIVITIES

Monday, 4:45-5:45pm

- Hike: *Meet in front of Conference Center*

Ridge Road Loop Hike: Enjoy the towering cathedral of hardwood trees as you follow the ridges that circle the lake. These hills were once clear-cut and used as an orchard employing 250 people. Runners love this beautiful loop. About 2 miles.

- In-Depth Site Tour *Meet Jenifer in Conference Center Lobby.*

Tuesday, 4:15-6pm

- See options posted in Conference Center Lobby.

Wednesday, Wellness Day:

- **7am:** Wellness Day 5K *Meet in front of Conference Center*
- **8am:** Breakfast
- **8:45am:** Eucharist *Poplar*
- **10am:** Wellness Plenary with Church Pension Group:
Counting Sheep at Night? It's Not Only a Numbers Game! *Room B (Conference Center)*
- **12pm:** Lunch
- **1pm:** Bus departs for Nashville, Indiana *Volunteer opportunity, shops, distillery/winery/brewery*
- **6pm:** Dinner at Waycross