

HUNGRY MOTHER STATE PARK

FIND YOUR *Wild*

Women's Weekend Agenda

Join us for **Find Your Wild Women's Weekend**, a retreat designed to help you reconnect with nature, yourself and a community of like-minded women. Nestled in the beauty of Hungry Mother State Park, this immersive weekend experience offers a mix of outdoor adventure, relaxation and personal growth.

DAY 1 AUGUST 29

- ✓ Yoga on the dam
- ✓ Live Music and social

DAY 2 AUGUST 30

- ✓ Orienteering
- ✓ Fly fishing
- ✓ Kayaking or mountain biking
- ✓ Owl prowl

DAY 3 AUGUST 31

- ✓ Archery or Stand Up Paddle Boarding
- ✓ Edible hike
- ✓ Forest Therapy

DAY 4* SEPTEMBER 1

- ✓ Caving or hiking at New River Trail State Park

**Day 4 is an optional experiential day held at New River Trail State park that cost extra.*

\$200 per person to register. Call 276-781-7400 to register before August 15. Once you are registered, an information sheet will be sent to your email address.