



Ladies In Stride, Inc.

L.I.S. 12th Annual Total Health & Wellness Retreat

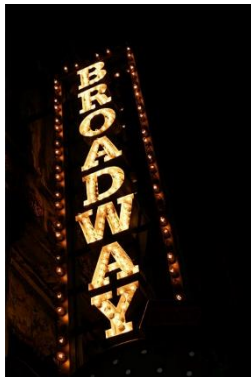
New York City "Broadway" Retreat

Tempo by Hilton New York Times Square

1568 Broadway New York, NY 10036
212.262.8100



REGISTRATION FORM
June 6th – June 9th 2024



THURSDAY: Welcome~ Registration: ~ Arm Band & Packet Pick Up~ **(11am-1:30pm)** ~ Lobby (11th Floor)
(A Voucher For A Complimentary Glass of Wine Offered Upon Check-In For ALL Attendees)

THURSDAY Afternoon: **Private Leadership Reception ~2:00pm-3:30pm**~For Team Captains, Prayer Warriors, Guest Speakers & Board Members~
(Casual Attire for Leadership Reception~ L.I.S. Hospitality Suite)

THURSDAY Evening: **"Elegant Evening On Broadway"** ~ "Meet & Greet" & Formal Group Photo ~4:30pm – 6:15pm (Elegant Dress Attire Required)

***Optional Broadway Show "The Wiz" Across the Street at the Marquis Theater@ 7pm** (You may purchase a ticket for "The Wiz" at Broadwaydirect.com)

*** Seats Are Limited* 😊** We will be walking out to the show at 6:20pm in our Elegant Attire 😊 ***Seats Are Limited***

L.I.S. Theme for 2024 ~ "It's Your Time~ Go Get It Sisters"

FRIDAY: (Please Wear Your L.I.S. T-Shirt Today): Medical Screenings by Donald J. Hanchett, M.D. & 2024 L.I.S. Medical Team~

(Best done on an empty stomach) 7:00am- 8:30am~ ** Please Pick Up Your Breakfast Vouchers From Dr. Hanchett Following Your Screening~

L.I.S. GROUP EXERCISE PRAYER ~8:30am - 8:45am ~ "Praying As We Work Toward Our Total Health" ~

**** Welcome~ Introductions: L.I.S. Video & Breakfast Begins~ 9:00am****

Total Health & Wellness Session & Awards During Breakfast from 9:00am until 12:30pm

"Keep it Moving" with L.I.S. ~Who Are We? ~ **Ms. Alison Dealy~ 9:15am -9:30am**

"It's Time To Step Into Your Healthy "Brick House" ~**Donald J. Hanchett M.D. ~ L.I.S. Medical Advisor~ 9:30 am -10:15am**
(Screening Results Discussed)

"Sisters, Through The Power Of Prayer~ You Can Go Get It"~ (Peace, Love, Joy, Happiness, Etc)~ **Ms. Pamela Snowden~ 10:15am - 10:30am**

"Wealth & Real Estate~ A Legal Prospective ~ **Attorney Paul Hanchett ~ 10:30am - 11:00am**

~ BREAK~(11:00am – 11:15am)

Building A "Go Get It" Mindset! ~ Mr. Kevin Hanchett, Counselor~ 11:15am-12 noon

"Awards & Recognition" 12 noon -12:30pm

~2025 RETREAT LOCATION WILL BE ANNOUNCED~

"New York Land & Water Tour"~ Please meet downstairs to board the bus at 12:45pm ~Departure: Promptly @ 1:00pm~ Returning at 8pm

(Lunch Options & Group Photos During Our Tour) Family Members & Friends are Welcome to join us for our Tour:

Guest Tour Fee: \$125pp (Seats are very limited)

SATURDAY ~FREE MORNING ☺ Ladies Day Out to **Treat Yourself:** ~Sleep In~ Shop~ See A Show~ or Simply **"RELAX" ☺ Just Enjoy Yourself!!**
"RELAX YOUR MIND, BODY & SOUL"

SATURDAY EVENING: 5:00-8:00pm ~See you for our "Wind Down/Happy Hour" & Love Letter Exchange~ Sky Lobby (Casual Attire)

SUNDAY: Time for Farewell Hugs as we prepare to head back home to our families~ **BLESSED, DE-STRESSED and REFRESHED!!**

**** Check out time~ 12noon****

****L.I.S. Executive Board & Retreat Committee Meeting (Hospitality Suite) ~ 11am -12noon**

(770)284.0226

www.ladiesinstride.com

(770)284.0226

L.I.S. RETREAT FEES

The Retreat Fee for all Members: \$295~ Non- Members: \$310

\$100 Deposit Due by Feb. 12th 2024

(Deposits are Transferable but non-Refundable)

Payments may be made online per cashapp at \$ladiesinstrideinc. (Please complete your online form Before Payment)

Or Payments may be mailed to the P.O. Box Address listed below along with your completed Registration Form. Money Order Or Cashier's Checks Only. No Personal Checks Please

**** Fees include: Total Health Session, Medical Screenings, Friday Breakfast, The New York Land & Water Tour & our Awesome Saturday Evening "Wind Down/Happy Hour" ****

Broadway Show "The Wiz" Is Not Included In The Retreat Fees~ It Is Optional. Book your seat at: Broadwaydirect.com at the Marquis Theater June 6th at 7pm

~Ticket Prices range from \$69.75 - \$279.25 as of Thurs. Jan. 11th 2024~ See You There! 😊

****Spouses & All Guest that did not pay a Retreat Fee are welcome join us for breakfast:
Guest Breakfast is \$50pp**

**And are also welcomed to attend our Land & Water Tour:
Fee is \$125 per guest / Seats are very limited~ 1st Come, 1st Served**

**Family & Friends are welcomed to attend our Saturday Evening "Wind Down/Happy Hour"
Guest Fee is \$30**

*****Total Registration Fees. Including Guest Fees are due on or before April 15th 2024*****

The Deadline for reserving your room at the L.I.S. discounted rate is May 6th 2024

****A Limited Amount of Rooms Are Available~ Please reserve your room as soon as possible****

The Tempo is offering a discounted room rate to all guests of the Ladies In Stride, Inc. Annual Retreat. Please mention "Ladies in Stride, Inc." & our Retreat dates in order to receive your discount when calling to make your reservation. **The reduced rates are limited and will not be available after May 6th. (Check in is at 3pm & Check Out is at 12 noon)**

*****You may reserve your room with a major credit card. No charges will be made until check out. *****

Room Rates are as follow: Rates below Includes ALL Taxes & Fees

Double or King Rooms:

4 Guest Per Room: \$85.50/pp/night

3 Guest Per Room: \$114/pp/night

2 Guest Per Room: \$171/pp/night

Single Occupancy: \$ 342.01/night

Based on availability, you may extend your stay at this rate by booking up to 3 days before and/or 3 days post the retreat, but you must contact the hotel directly as soon as possible.

****Please click on the link below to book your room at the Tempo by Hilton New York Times**

Square:

[https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=NYCTEPO&groupCode=914&arrivaldate=2024-06-](https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=NYCTEPO&groupCode=914&arrivaldate=2024-06-06&departuredate=2024-06-09&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT)

[06&departuredate=2024-06-09&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT](https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=NYCTEPO&groupCode=914&arrivaldate=2024-06-06&departuredate=2024-06-09&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT)

FOR RETREAT REGISTRATION & PAYMENTS:

YOU MAY REGISTER ONLINE BY USING THE LINK BELOW:

https://www.cognitofrms.com/AshleyHanchett/_2024LISRetreatRegistrationForm

Please pay per Cash App at \$LadiesInStrideInc or feel free to mail your money order or cashier's check to the address below before the deadline.

If you choose **NOT to register online, Please download & complete this Registration Form and make your money order or cashier's check payable to Ladies in Stride, Inc. and mail payment along with your completed registration form to:**

Ladies in Stride, Inc.
P.O. Box 1016
Tucker, Ga. 30085

2024 L.I.S. Total Health & Wellness Retreat Registration Form

"New York City Broadway Retreat"

1568 Broadway New York, NY 10036

212.262.8100

Name _____ Date _____
First Last Age _____
Mailing Address _____
City/State/Zip _____
Daytime phone () _____ Evening phone () _____ Cell phone () _____
Email address _____
Ladies in Stride Member: Yes _____ No _____
Ladies in Stride Team _____
Are you a L.I.S. Captain: Yes _____ No _____
Emergency Contact (Name & Number): _____
How did you hear about our L.I.S. Retreat? Reference Name Please: _____

WAIVER AND RELEASE OF LIABILITY: As a participant of Ladies in Stride, Inc. ("L.I.S.") 12th Total Health & Wellness New York Retreat, if I should choose to participate in any or all of the activities planned by L.I.S., I hereby for myself, my heirs, executors & administrators, do waive and release any and all rights and claims for damages and injuries against L.I.S., board members, organizers, sponsors and assigns for any and all claims of liability. I am also aware that some of the photos and videos taken during this retreat may be used to promote future L.I.S. Retreats and help to increase membership.

COVID-19 ASSUMPTION OF RISK AND INDEMNIFICATION: I, on behalf of myself and my heirs, successors and assigns, voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify Ladies in Stride Inc and Ladies in Stride Foundation, Inc, ("L.I.S.") their affiliates, and each of their representatives, directors and officers ("Indemnified") from any and all claims, demands, torts, contracts, obligations, suits, actions, causes of action, or damages ("Losses") arising from or related to COVID-19 connected in any way with my attendance of the Total Health & Wellness Retreat, including, but not limited to, claims based on the alleged negligence of any Indemnified or any other person. I further promise not to sue Indemnified for any illness, injury, death, or other Losses arising out of or related to COVID-19 and agree to indemnify and hold them harmless from any and all Losses resulting therefrom.

GUARANTEE: I have carefully read this COVID-19 Assumption of Risk, Waiver, and Release & Guarantee of Attendance with Full Payment Agreement. I fully understand its terms.

I execute this agreement knowingly, freely, and voluntarily without any inducement, duress or coercion, intending to be legally bound. If you are under 18yrs of age, a legal guardian's signature required.

Printed Name Signature Date

Members or Guests under 18 years of age must also have a Parent/Guardian sign this Agreement as well:

Printed Name (Parent/Guardian) Signature (Parent/Guardian) Date

If you choose **not** to register online

(A Completed Registration Form Is Required Along With Your Payment)

~Please Make Payment per Cash App or by Mailing a Money Orders or Cashier's Check made Payable To: Ladies in Stride, Inc.

(No Personal Checks Please) Please mail completed form & payment to:

Ladies in Stride, Inc. P.O. Box 1016 Tucker, Georgia 30085

Please contact L.I.S. at: ladiesinstride@gmail.com or Call (770)284.0226 with any questions or concerns

Amount Enclosed: _____

Office Use Only: Date Received _____