



# Wellness Mapping 360™

## Wellness & Health Coach Certification Training

June 11<sup>th</sup> – 14<sup>th</sup> (Weds. - Saturday)

### Activities Available

Walking & Hiking (every where)  
Bird & Wildlife viewing  
State and National Parks  
Horse Back Riding  
Workout facilities (close by)  
Swimming (onsite)  
Boulder sight seeing

### What to Bring?

Pen and paper for notes  
Good walking shoes  
A journal for reflection  
Casual attire - Dress for all weather possibilities *It is June and will most likely will be wonderful, dry, and sunny, though in Colorado we say "when you are in the Mountains layer up and be prepared for anything"*  
A good attitude and openness to learning



To Learn More about Estes Park and Rocky Mountain National Park visit:  
<http://estesparkcvb.com>

**The purpose of this program is...** to train wellness & health professionals in the use of Wellness Coaching skills to assist their clients in making lasting lifestyle change.

### The Training Location

**Homewood Suites by Hilton**  
1521 Oakridge Drive, Fort Collins  
Colorado, 80525  
1-970-225-2400

**Shuttle from DIA:** Green Ride: (970) 226-5533  
or Super Shuttle:

<http://www.supershuttle.com/Locations/DENAirportShuttleFortCollins.aspx>

- **Directions from DIA:**  
<https://maps.google.com/maps?hl=en&tab=wI>
- **Directions from Denver:**  
<http://homewoodsuites3.hilton.com/en/hotels/colorado/homewood-suites-by-hilton-fort-collins-FCLHWHW/maps-directions/index.html>

### Lodging Information

**Holiday Inn Express Hotel Fort Collins** – Ask WCT block rate

1426 Oakridge Drive  
Fort Collins, Colorado 80525 USA  
1-970-225-2200  
Rate - \$113.99

<http://www.holidayinn.com/hotels/us/en/reservation/roomrate>

**Traveling from outside of Colorado?** Plan on spending a day or two after or before the training so you have time to explore our great State.

### Visit Fort Collins

<http://www.visitftcollins.com/>

### Map of Estes Park

<http://maps.google.com/maps?client=firefox-a&rls=org.mozilla:en-US:official&channel=s&hl=en&q=Estes+Park+Map&um=1&ie=UTF-8&sa=N&tab=wl>

### If you need assistance please contact Deborah

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