



Wellness Mapping 360™

Wellness & Health Coach Certification Training June 19th – 22nd (Weds. - Saturday)

Activities Available

Walking & Hiking (every where)
Bird & Wildlife viewing
State and National Parks
Horse Back Riding
Workout facilities (onsite)
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

Miramont Lifestyle Fitness

Fort Collins - Colorado

901 Oakridge Drive
Fort Collins, CO. 80525
970.282.1000

- **Shuttle from DIA:** 970-586-5151
- **Directions from DIA:**

<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>

- **Directions from Denver:**

<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>

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>

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>

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. We want to make your experience both valuable and fun so we are planning a few activities for training participants and their travel companions on an opt-in basis and will keep you posted!

If you need assistance please contact Deborah

Deborah@realbalance.com 1-866-568-4702 (toll free) 568-4700