



# Wellness & Health Coach Certification Intensive

(Wellness 360<sup>TM</sup> Wellness Coaching Methodology)

November 7<sup>th</sup> – 10<sup>th</sup> (Weds - Sat)

## Visit Boston

The Walker Center is located in Auburndale, Massachusetts, about 13 miles (21 KM) outside of Boston. We are within walking distance of the Riverside MBTA train terminal which connects easily to all trains into Boston, Cambridge, and points north, south, and west of the city including Logan Airport, the South Station bus terminal, and the commuter rail. We are also near Routes 128 and 95; a short drive leads to many popular New England destinations.

The Walker Center is conveniently located for easy day trips to Cape Cod, the beautiful North Shore beaches and lighthouses, and the Berkshire Mountains. For more information on Massachusetts sightseeing, visit the [Massachusetts Office of Travel and Tourism](#).

## What to Bring?

Pen and paper for notes

Good walking shoes

A swimsuit

A journal for reflection

Casual attire - plan for moderate and warm weather with some possibilities of mist and rain.

A good attitude and openness to learning!



Enjoy Boston, Massachusetts

**The Training Location:** Join us for a retreat style workshop in a location that has a life-affirming environment conducive to learning. This is a wonderful, historical location with a history of supporting social justice and learning.

*"What I really like about this place is its proximity to Boston. My husband is off at a conference in Boston, and I can sit outside in your beautiful yard with my book, my laptop, and a glass of lemonade. I really feel like I am on vacation."*

## Walker Center – Bed & Breakfast

144 Hancock Street  
Auburndale, MA 02466  
Phone: 617-969-3919  
<http://walkerctr.org>

## Lodging Information

We have reserved a number of rooms at the conference and retreat center for our class participants who will be traveling. Both single and suite rooms are available. Rooms will be booked directly through the Walker Center. \*Suite Room Rate -\$85 for one person; \$100 for two people; \$115 for three people; and \$130 for four people.– and single rooms \$ 55.00 with shared bathroom. Mention *Real Balance Global Wellness Services llc.* when you register.

## Directions

### By Subway

[View Information on the MBTA.](#)

Take the Green Line to Riverside (D) to MBTA Riverside Station. At the exit, turn left and walk left onto Grove Street. Go about 1/4 mile to the top of the small hill. The Walker Center for Ecumenical Exchange is at the intersection of Grove and Hancock Streets. (From Riverside Station, The Walker Center for Ecumenical Exchange is about a ten-minute walk.)

### By Car

**FROM BOSTON:** Take the Mass Pike to exit 16; go west on Route 16 toward Wellesley. After it crosses Commonwealth Ave (Rt. 30), look for Woodland Road on the right. Take Woodland to the flashing light; turn left up the hill. The Walker Center for Ecumenical Exchange is on the right after the Williams elementary school.  
**FROM THE NORTH OR SOUTH:** Take Rt. 128 (US 95) to exit 22, Grove St./MBTA Station. After you exit 128/95, go past the Indigo Hotel and the Riverside T station. At the top of the small hill as Grove Street bears right, The Walker Center for Ecumenical Exchange will be on the immediate left; watch for the sign.  
**FROM THE WEST:** Take the Mass Pike to exit 14. Go south on Rt. 128/95, and take exit 22. Then follow NORTH/SOUTH directions.

### From the Airport

From Logan, take the free shuttle bus to the subway. At Government Center, change to the Green Line to Riverside. Then follow subway directions, above.

**If you need assistance please contact Deborah**  
[rah@realbalance.com](mailto:rah@realbalance.com) 1-866-568-4702 (toll free) 568-4700

[Debo-](#)