GOODWOOD
HEALTH & WELLBEING

Nourish and Thrive Sample Schedule

Friday	
3:00: PM	Arrival at Woodstock Suites
4:00: PM	Nutritional Consultation
6:30: PM	Welcome Dinner – Dining Room
7:30: PM	Sauna Session & Free Time
Saturday	
From 7:00: AM	Breakfast – Dining Room
9:00: AM	Personal Training Discovery Session - Gym
11:45: AM	Talk – Nutrition & Long-Term Success – Stephanie Moore
1:00: PM	Hosted Lunch – Dining Room – Stephanie Moore
3:00 PM	Tailor Made Massage
6:00: PM	Dinner – Dining Room
7:30: PM	Sauna Session & Free Time
Sunday	
8:30: AM	Talk – Muscle Resistance & Training on GLP1s – Christopher Goldring
9:30: AM	Breakfast – Dining Room