

JOIN US! ADHD Women's Retreat | September 20 - 24, 2023

5 Days/4 Nights, Secrets® St. James Resort & Spa
Montego Bay, Jamaica

Trina Hayes Int'l ADHD Advocate @MyladyADHD GetLostRetreats.com RETREAT HOST	Katie Sue Int'l ADHD Advocate @Katie.ADHD GetLostRetreats.com RETREAT HOST	Meredith Carder B.S. Psychology, M.B.A and ADHD Coach @Hummingbird_ADHD SPECIAL GUEST SPEAKER	Kimberly Cohen MSN,FNP,RYT-200 Board Certified Cardiovascular Nurse Practitioner SPECIAL GUEST TRAINER
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EXCLUSIVE SUPER-INCLUSIVE RETREAT PACKAGE!!!

\$2,599/Junior Suite Ocean View for **TWO PEOPLE**/double occupancy (\$1,299.50 pp/do)
single occupancy retreat rate: \$2,399

\$500 per room DEPOSIT DUE UPON REGISTRATION

FULL PAYMENT DUE **JULY 7, 2023**

Register HERE: adhdtravelretreats.com

Exclusive Super-Inclusive Package Includes: All-Inclusive, All-Suite, All-Adult, AAA Four Diamond Secrets® Resort & Spa | Junior Suite Ocean View accommodations for 2 | Hotel taxes & gratuities | All resort meals, multiple dining options, drinks, activities, entertainment pools, beach, etc. | Roundtrip airport transfers from Sangster Int'l Airport (MBJ) to Secrets® (9/20 & 9/24) | Airport Meet & Greet (MBJ) | Private hospitality help desk at Secrets® | Welcome Reception | Daily group gatherings with Trina and Katie | Workshops with Meredith | Yoga and Meditation with Kimberly | Plenty of free-time to relax, meet with friends, enjoy the resort amenities | Group adventure: Rocklands Bird Sanctuary Nature Preserve | Group adventure: World Famous Dunn's River Falls climb, Bob Marley Museum PLUS Lunch at Ultimate Jerk Center | BONUS free access to next door Secrets® Wild Orchid | PLUS many surprises along the way!

Not Included: Airfare to MBJ (fly into MBJ - Sangster Int'l Airport) | Items of a personal nature (i.e. spa services) | Gratuities (i.e. for drivers, for Dunn's River Falls guide, etc.) | **Mandatory travel protection (default is *Cash Refund*. See the *Travel Protection flier on our web site!***

If you are attending this retreat, you may bring a guest along to share your room. *Need accommodations for 3 to a room? Traveling alone and interested in sharing with another single traveler?* PLEASE CONTACT STUART for details and all special requests: stuart@adhdtravelretreats.com

- Valid Passports are REQUIRED (ideally not to expire within 30-days after 9/24/23).
- Travel Protection is MANDATORY (use ours or purchase on own, see flyer on web site).
- You *must* be booked directly through ADHD Travel Retreats™ to attend this event.
- *No hotel guests are permitted entry into this ADHD Women's Retreat private event.*
- Terms & conditions apply, rates & availability subject to change (see web site for detail).
- Currency quoted: USD

WHERE TO GET COMPLETE DETAILS: getlostretreats.com OR adhdtravelretreats.com