

# Women's Weekend

## "Celebrating 100 Years of Lithuanian Independence and Reflecting on What Our Lithuanian Heritage Means To Us"

### April 27-29, 2018



*You don't stumble upon your heritage. It's there, just waiting to be explored and shared.*  
*-Robbie Robertson*

Join us for a wonderful weekend of reflection, rejuvenation and celebration in the beautiful hills of Vermont! This program is designed for women connected to Camp Neringa and Lithuania and who are interested in spending time to nourish mind, body and spirit. We are planning a variety of activities ranging from group discussion, exercise, art, cooking, and individual reflection.

You deserve this, so come celebrate with us!

**If you cannot come this year** but would like to be remembered in our circle- please send us a note, and we'll have you with us in spirit!

#### Arrival and departure/registration information:

People are invited to arrive between 4pm-8pm on Friday, with some program and celebration beginning at 8pm. We will conclude the weekend following lunch on Sunday. The cost is by donation with a suggested minimum donation of \$130. Numbers of participants will be limited, and priority will be given to individuals who can commit to the full weekend.

A little background about the organizers: Kristina Maciunas, M.D. is a Family Medicine physician with a holistic, integrative approach to medicine and a special interest in women's health. She frequently lectures on stress management and Holistic Women's Health. Please see her website: [www.ways2wellness.org](http://www.ways2wellness.org).

Kerry Secrest is a professional leadership coach for individuals and organizations and facilitates trainings to a variety of audiences. She has been involved in personal development work for over eighteen years. Please see her website at: [www.watershedcoachingllc.com](http://www.watershedcoachingllc.com).

In their professional work, they both lead a number of women's circles of development and facilitated the first Neringa women's weekend in 2004, creating a unique experience for women who share a Lithuanian background.

For more details or to register, please contact: Kristina Maciunas (304) 728-0213 (home), [kriscon@frontiernet.net](mailto:kriscon@frontiernet.net) or Kerry Secrest at (802) 490-0445 (work), [kerry@watershedcoachingllc.com](mailto:kerry@watershedcoachingllc.com)