

Date & Time:

Sept. 12, 2026
9am - 3pm

Reclaiming Perimenopause

Join us at the beautiful Bon Secours Retreat & Conference Center in Mariottsville, MD for a day of restoration and affirmation.

This retreat is for you if you want to:

- better understand the impact of perimenopause
- learn strategies to support your wellbeing
- let yourself be taken care of for once
- reclaim your badass self
- turn perimenopause into a period of expansion and growth

**Early Bird Pricing
\$199 until 6/30
then goes to \$222**

***payment plans
available***

Presented by:



Becca Drury, LCPC

What You'll Experience:

- Gentle Yoga, Mindfulness, Nature Therapy
- Managing Perimenopause Workshop
- Lunch along with a light breakfast
- Leave with a renewed sense of connection to self and others who get it

For more information email:

becca@patapscocounseling.com and
kate@theiawellness.com

Registration link:

<https://forms.gle/dodamyA379DzUf2m6>



Kate Eckstine, LCPC

