



HEALTH
CONCEPTS
INTERNATIONAL LLC

#chapter4 REGISTRATION FORM

my • next • chapter • WELL

mncWELLRetreats

Pronounced: mink-Well

RELAX • REWIND • RECHARGE • RENEW

April 16-20, 2025

Ocho Rios, Jamaica, W.I.

Please complete the information below.

First Name: _____ Last Name: _____

Address: _____

Date of Birth*: _____ E-mail Address: _____

*Must be 18y.o. or older to participate

Mobile #: _____

Expertly Curated Retreat Program Fee: \$925. **NB Retreat Fee is exclusive of air travel and room rates.**

Each day of the retreat will have its own theme and include un-programmed (UP) time.

Wednesday April 16 | Day 1 | Relax: mncWELLcome RELAXception

Thursday April 17 | Day 2 | Rewind: MindfulFUNDamentals (MindFul Practice)

Friday April 18 | Day 3 | Recharge: Gastronomical Excursion

Saturday April 19 | Day 4 | Renew: Let's Get Physically Fit

Sunday April 20 | Day 5: Depart

Host Hotel: Jamaica Inn, The Old School Caribbean Charm 5-star Luxury Resort

Reserve your lounge chair by November 15, 2024.

Yes, Count me in for #chapter4 mncWELLRetreats in Ocho Rios, Jamaica, W. I. April 16-20, 2025.

Registration Payment Options:

I am submitting the full program registration payment of **\$925.**

I am submitting the minimum deposit of **\$550**, and I will pay my balance of **\$375**, by December 6, 2024.

Payment Methods:

- Via Zelle: 202-744-0869

- Via Check: Make checks payable to Health Concepts International, LLC, 1701 Pennsylvania Ave., NW, Suite 200, Washington, DC 20006.

Please sign below and email completed form to mncwell@healthconceptsintl.com. Access to mncWell special room rate package of \$465 per night and program menu details will be provided upon receipt of completed registration form with payment. **Form must be signed and dated.**

SIGNATURE: _____ Date: _____

CANCELLATION POLICY: Cancellations prior to December 15 are eligible for a full refund, minus \$50 admin fee. **NO REFUNDS AFTER DECEMBER 15, 2024.**