



HEALTH  
CONCEPTS  
INTERNATIONAL LLC

## #chapter4 REGISTRATION FORM

my • next • chapter • WELL

# mncWELLRetreats

Pronounced: mink-Well

**RELAX • REWIND • RECHARGE • RENEW**

October 8-12, 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 hotel room rates and air fare (mncWell discounted hotel rate: \$385/ night inclusive of breakfast).**

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

**Wednesday October 08 | Day 1 | Relax:** mncWELLcome RELAXception

**Thursday October 09 | Day 2 | Rewind:** MindfulFUNdamentals (MindFul Practice)

**Friday October 10 | Day 3 | Recharge:** Gastronomical Excursion

**Saturday October 11 | Day 4 | Renew:** Let's Get Physically Fit

**Sunday October 12 | Day 5:** Depart

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

**Reserve your lounge chair by April 16, 2025.**

Yes, Count me in for #chapter4 mncWELLRetreats in Ocho Rios, Jamaica, W. I. October 08-12, 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 May 7, 2025.

**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](mailto:mncwell@healthconceptsintl.com). Access to mncWell special room rate package of \$385 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 May 7, 2025 are eligible for a full refund, minus \$50 admin fee. **NO REFUNDS AFTER May 7, 2025.**