

# Women's Self-Care, Health & Wellness

CONFERENCE

**Hybrid!**  
In-person  
& Virtual



DoubleTree Resort by Hilton Myrtle Beach Oceanfront

## You. How often do you put yourself first?

**W**omen are working harder and burning out in ways never imagined. Self-care, health and wellness are critical aspects of our lives and we are failing ourselves.

This three-day conference provides you the time to focus on your physical, mental and emotional self. The program is designed to build awareness and help you recommit to your self-care, mental health, wellness, nutrition, physical wellness, and relationships.

Step away from monotonous zoom calls and allow yourself to embrace renowned motivational speakers, coaches, trainers, therapists, and psychologists who address issues like work-life integration, courageous challenges, the power of vulnerability, celebration of life while coping with guilt or loss, and the resources to renew and revive the life you deserve to live.

**Thursday, April 28th**

**Kick-off Wine Therapy Reception**

**Friday, April 29th**

***Celebrating "World Women's Wellness Day"***

- Yoga on the Beach
- Two Mile Beach Walk
- Keynote Health Experts
- Panels and Workshops

**Saturday, April 30th**

***Self-Care Day On Your Own***

It's Your Day on the Beach, at the Spa, Shopping and Enjoying the Entertainment

**Sunday, May 1**

**Farewell Closing Keynote & Take Home Wellness Resources**

PRESENTED BY

**DiversityWomanMedia**

To register go to:

**[diversitywoman.com](https://diversitywoman.com)**

