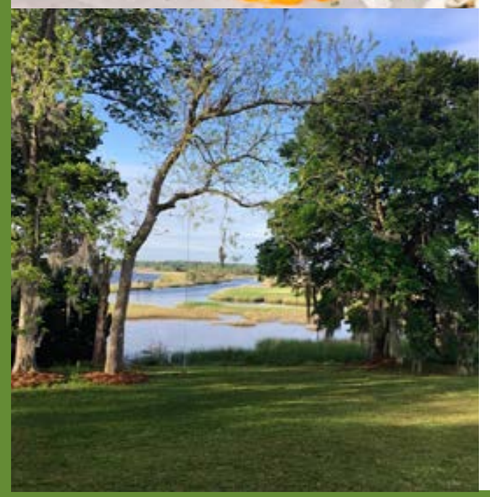


We are thrilled to announce Dr. Ann's

Live Life Now

Wellness Retreat

Change your life in the place Dr. Ann knows is the primary source of her wellness inspiration.

October 7, 2016

Click for the Full, Healthy Scoop

Come spend an incredible day with Dr. Ann immersed in wellness in the stunning ecological wonderland of the ACE Basin. Designated by The Nature Conservancy as “one of the last great places on earth," the Lowcountry’s ACE Basin is a magical place exuding with the reinvigorating energy of nature. The retreat will take place at Dr. Ann’s late 18th century farmhouse situated along the Combahee River on her Family’s nature preserve, Plum Hill Plantation.

This is the perfect opportunity and the perfect place to commit or recommit your life to practicing good health!

Friday, October 7, 2016

9:00 AM - 4:00 PM

Plum Hill Plantation

Greenpond, SC

$375 per person

Register before August 16th or bring friends

and everyone gets 10% off!

Call 843.329.1238 to reserve your spot.

They will go quickly!

More Details Below

Itinerary

9:00 AM: Arrive to Plum Hill

9:15 AM: Welcome and Introductions

10:00 AM: *Live Life Now* Program Part I

11:00 AM: Stand Up & Stretch!

12:05 PM: Walk in Dr. Ann's Vegetable Garden

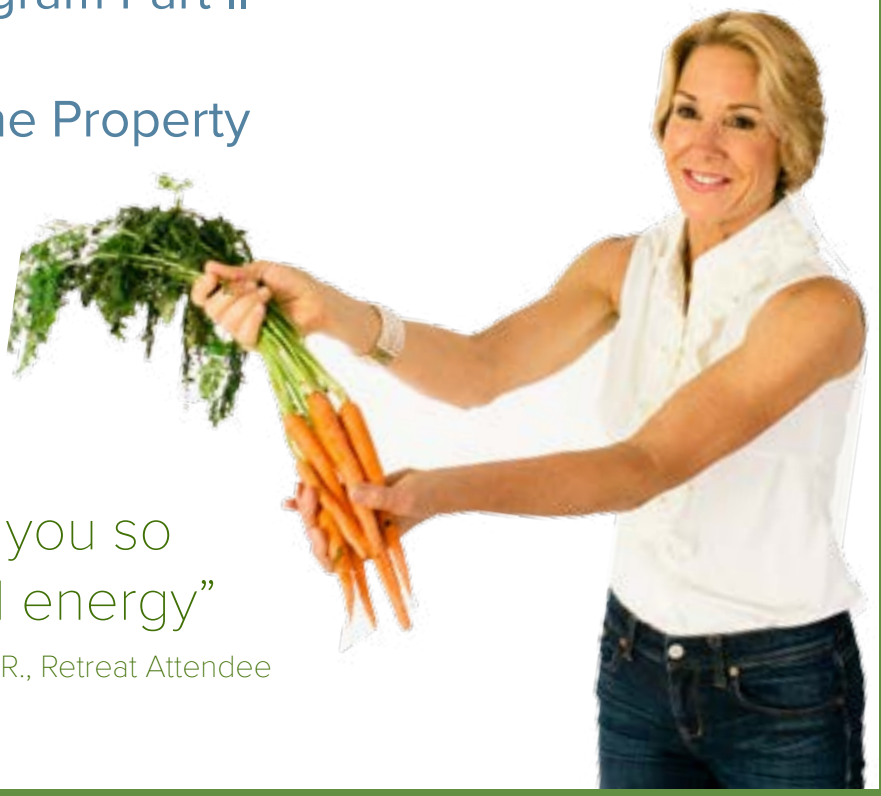
12:20 PM: Lunch Prep with Hands-on Activity

12:45 PM: Farm-to-Table Lunch with a View

1:40 PM: *Live Life Now* Program Part II

3:00 PM: Nature Walk on the Property

3:50 PM: Closing with Take Home Materials



"Truly life-changing. Thank you so much for your time and energy"

- Len R., Retreat Attendee

More Details Below

What does Dr. Ann's *Live Life Now* Program provide?

Dr. Ann says it all in this totally comprehensive healthy living seminar, including state-of -the-art guidance for optimal nutrition, healthy lifestyle practices, and appropriate use of supplements. You will be educated, motivated, and entertained, but most importantly – you will walk away with take-action-today inspiration as well as the knowledge and take-a ways you need to take charge of your health.*

**Each attendee receives a comprehensive Live Life Now packet that includes detailed instructional handouts, a laminated Eat Right for Life Grocery Shopping Guide, and all five of Dr. Ann's best-selling, award winning Eat Right for Life® books.*

See What People Are Saying (Below)

What People Are Saying

“I can’t find the words to express what your retreat meant to me! The information you provided, and most of all, your gift of teaching it, has caused me to connect the health dots in my brain like never before. I feel empowered, hopeful, and excited! THANK YOU!” - Letha E.; Lexington, SC

“What a wonderful, “LIFE CHANGING” event to have such a special opportunity to be a part of!! Thank you from the very bottom of my heart!” - Loretta B.; Hemingford, NE

"I went and it was the best investment of my life. - Leighton C.; Greenville, SC

"The seminar was wonderful! And... it was such a thrill to meet you and spend time with you. It was a great success in every way. I feel very fortunate to have been a part of the first of what I know will be many successful retreats!" - Hayden Q.; Pawleys Island, SC

"Thanks for an outstanding retreat! The teaching session in your home about healthy eating and lifestyle was the best part! It gives all of us an opportunity to improve our health and happiness no matter how good or bad we are. Thank you so much for an amazing experience!!!" - John E., M.D.

“Presentation was A+. Loved being in your kitchen and peeking in the fridge. I could have stayed with you all day! It was wonderful.” - Nancy D

“Dr Ann- I really enjoyed the seminar immensely and am trying to implement this new way of eating into my family regiment. You are a tremendous speaker and I enjoyed every minute. I have been talking about you ever since I got home so if your ears are burning, it definitely is because of me. Again, enjoyed enjoyed enjoyed your seminar and highly recommend it to anyone of all ages.” - Elaine T.; Charleston, SC

“It was an awesome presentation. Your passion in what you believe transcends to everyone who attends a retreat. I’ve made changes and will continue to incorporate more of them into my life for not only my benefit but for those I love.” - Marcia P.; Charleston, SC