



Welcome to "*Especially for Women*", (formally "A New You") Women's Retreat at the University of Utah campus. You will enjoy a week of fun, rejuvenation, new friendships, and a program designed to encompass internal and external renewal. We are excited to embark on a journey with you that will uplift and inspire you to new heights of personal improvement and spirituality.

The following documents will help you prepare for your week in Utah

- *Especially for Women* Information Letter (this letter)
- University of Utah Campus Map

### **Photograph**

If you did not send a recent *full-length* snapshot of yourself with your online registration please do so as soon as possible. Please write your full name on the back of the photograph. (we will not be able to return pictures). Also feel free to send a photo by email to [Linda@hbjfoundation.org](mailto:Linda@hbjfoundation.org)

Mailing address for the photograph is:

*Especially for Women*  
10 Badger Ct.  
Novato, Ca. 94949

### **INFORMATION AND PREPARATION FOR THE PROGRAM**

#### **1. Transportation**

Each participant arranges and provides her own airline and/or vehicle transportation to Utah. Please plan to be on campus between 9:00 am and 10:00 am Monday, August 2, 2010.

#### **2. Transportation-Airport to University of Utah Campus**

**Express Shuttle Service 801-596-1600 reservations required.**  
Asked to be dropped off at the Heritage Center.

**Self Parking** is available for \$4.00 per car, per week and payable at check-in. You will need a parking pass or they will ticket you. Please keep it attached to your rearview mirror in plain sight with the validation date showing. Follow signs on campus to "Especially for Women" or Heritage Center.

### 3. Coming With a Group

The participants at *Especially for Women* are divided into 6 groups for organizational purposes. If you are attending the program with friends or family and wish to have your group remain together, all of the names in your party are to be submitted together. Please do not hesitate to contact us to confirm that all members of your party have been identified and will be grouped together. Contact [Linda@HBJfoundation.org](mailto:Linda@HBJfoundation.org) or (800) 989-3309.

### 4. Housing

We will be staying on campus at the University of Utah Chapel Glen dorms. Each dorm room is double occupancy. On your registration form you should have identified your roommate if you have one, otherwise one will be assigned to you. Bathroom shared by 4 ladies.

#### **Dorm Check In**

Registration and dorm Check In will be on Monday, August 2 from 9:00am to 10:00am in the Heritage Center on campus. At that time, program information will be handed out along with meal tickets and keys. (rooms may not be available at check-in, but we can store luggage in a secure area.

#### **Dorm Check Out**

Dorm Check Out will be Saturday, August 7 by 9:00am in the Heritage Center. There will be a Testimony Meeting from 10:00 am to 12:00 pm in the Post Theatre. Please plan your departure accordingly. Luggage storage will be available at the Heritage Center for your convenience.

There is a **\$65.00 charge for lost room keys** and **\$10.00 for lost building swipe cards** if they are not returned at the time of check out.

### 5. Weight Loss and Exercise

If losing weight is part of your reason for coming to this program, and you want your family to see a new you when you return home . . . then start secretly trying to lose some pounds today. (Before you start any type of exercise program, please check with your doctor.) We highly recommend the Weight Watchers Program to get you started.

### 6. Make-up

You will have a session with a make-up professional. He or she will help you emphasize your best features. The cost of the session is included in your tuition. The make-up will be available to purchase, but you are under no obligation to buy. Tipping the make-up artist is encouraged, however. As a tipping guide, we recommend \$5.00 to \$7.50.

### 7. Hair

You will have a personal hair consultation at the new Landis Aveda Salon, along with a precision hair cut and style, for which the cost is included in your tuition. You are encouraged to tip your stylist. As a tipping guide, we recommend \$7.50 to \$10.00. (Plus 10%-15% of any extra services received)

**If you truly want to leave the program looking like a new you, we suggest you grow your hair from this day forward...and no perms!**

## 8. Clothing for the Week

For most of our activities, a cool, summer dress, skirt and blouse, or capri or pant outfit will be appropriate during the day. Special clothing for other activities is listed below.

- Wear a skirt or dress and wear or bring heels to the Visual Poise Class
- Comfortable shoes, as there is quite a bit of walking to get around campus
- Jacket or sweater for inclement weather and cold classrooms
- Church dress to the evening concerts. (5 concerts)

Please remember that all clothing must comply with the standards of The Church of Jesus Christ of Latter-day Saints. Clothing should be modest, neat and clean in appearance and fit appropriately. Please no “short” shorts, spaghetti straps or tank tops. Sleeveless shirts and sleeveless dresses are not permitted. Skirts, dresses, and shorts must be to the middle of the knee.

## 9. Additional Items for the Week

- Clothes hangers are NOT provided, so you may want to bring them from home if possible.
- A blanket and pillow are provided, but the blanket is very thin. We suggest bringing an extra blanket if convenient.
- A towel and washcloth are provided, but we suggest bringing extra ones. (large bath towel)
- Washing machines are available – bring detergent, dryer sheets, etc. A washing machine and dryer “card” can be purchased in the Heritage Center. Extra toilet paper is available at the Heritage Center.
- Don’t forget your robe and slippers. Remember that housing is in dorms and a bathroom is shared between two rooms. You may also want to bring rubber sandals/flip flops for in the shower.
- Flashlight
- Water bottle
- All personal toiletries (soap is **not** provided)
- There are no TV's or radio's in the rooms, so feel free to bring an IPOD or CD player.
- **All *Especially for Women* information letters.** These papers contain important contact phone numbers for *Especially for Women* personnel and University of Utah Security.

## 10. Monday Arrival Schedule

9:00-10:00am	Registration is in the Heritage Center. You will meet other faculty members, counselors, and other participants. (see campus map attached)
10:00-11:00am	Move into dorms (If rooms are ready).
11:15 - 1:45pm	Lunch and meet with your groups.
2:00 - 3:30pm	Welcome by Barbara Barrington Jones and the <i>Especially for Women</i> staff.
3:00 - 5:00pm	Free Time
5:00 - 6:30pm	Dinner
7:00 - 9:00pm	Humor Night with Barbara Barrington Jones

Most of our activities take place on the University of Utah campus. Participants will need to be able to walk from the dorm area to the cafeteria and to the various classrooms in a limited amount of time. Please note: our time schedule is so tight, that we cannot accommodate wheelchairs.

**EMERGENCY CONTACT NUMBERS**

**801-735-5180 Ruth Dodson, Head Counselor's Cell number**

**801-587-2000 Heritage Center Front Desk**

**ask for Tori between 7:00am and 10:00pm or leave a message**

**801-585-2677 University of Utah Police**

Identify yourself as a participant in the *Especially for Women* program.

**11. Website**

Please visit our website at [www.especiallyforwomenretreat.com](http://www.especiallyforwomenretreat.com) for information and updates.

Reminder: Full payment is due July 1, 2010 if you haven't already paid in full.

If you have program questions, please contact Linda Sohl, Assistant Director at (800) 989-3309 or [Linda@HBJfoundation.org](mailto:Linda@HBJfoundation.org)

Be prepared for a fun, dynamic week of learning. We are excited to greet you at The University of Utah and to share a memorable week together.