



Welcome to *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. If you don't have all the items, they are available online to download and print at [www.ANewYouForWomen.com](http://www.ANewYouForWomen.com) or they are included with this letter.

- *A New You* Information Letter (this letter)
- *A New You* Questionnaire
- University Campus Map

**SEND NOW :**

**1. General Questionnaire**

Please complete and return the questionnaire to help us get to know you better.

**2. Photograph**

Please send a recent *full-length* snapshot of yourself –with your name printed on the back (we will not be able to return pictures).

Please send the questionnaire and the photograph to:

*A New You*  
10 Badger Ct.  
Novato, Ca. 94949

**INFORMATION AND PREPARATION FOR THE PROGRAM**

**1. Transportation-Airline**

Each participant arranges and provides her own airline transportation to Utah. Please plan to be on campus between 9:00 am and 11:00 am Monday, August 3, 2009.

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

**Express Shuttle Service 801-596-1600 reservations required.**  
Asked to be dropped off at the Chapel Glen Dorms.

**Self Parking** is available for \$3.00 per car, per week and payable at check-in.

### 3. Coming With a Group

The participants at *A New You* are divided into 8 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 room mate preference if you have one.

#### **Dorm Check In**

Registration and dorm Check In will be on Monday, August 3 from 9:00am to 11:00am in front of the Chapel Glen Dorms on campus. Program information will be handed out along with meal tickets and keys.

#### **Dorm Check Out**

Dorm Check Out will be Saturday, August 8 by 9:30am. There will be a Testimony Meeting from 10:00 am to 12:00 pm in the Post Theatre. Please plan your departure accordingly. There is a \$65.00 charge for lost room keys and \$15.00 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 makeup professional. He/she will help you emphasize your best features. The cost of the session is included in your tuition. The makeup will be available to purchase, but you are under no obligation to buy. Tipping the makeup artist is encouraged, however.

### 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 also encouraged to tip your stylist.

**If you truly want to leave the program looking like A New You, you must 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 pant outfit will be appropriate. Special clothing for other activities is listed below.

- Motivational Class – comfortable clothing for movement
- Visual Poise Class – wear a skirt or dress and wear or bring heels
- Walking shoes
- Jacket/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 and 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

- Bring extra clothes hangers
- A blanket and pillow are provided, but the blanket is very thin. We suggest bringing an extra blanket if convenient.
- A towel and wash cloth are provided, but we suggest bringing an extra one.
- Washing machines are available – bring detergent, dryer sheets, etc. A washing machine and dryer “card” can be purchased in the dorm office.
- 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 or body wash, too)
- Paper or notebook and pen to take notes during your classes
- All *A New You* information letters . These papers contain important contact phone numbers for *A New You* personnel and University of Utah Security.

## 10. Monday Arrival Schedule

9:00-11:00am	Registration is in front of the Chapel Glen dorms You will meet other faculty members, counselors, and other participants. (see campus map attached)
11:00-12:00pm	Move into dorms.
12:00 - 2:00pm	Box lunch and meet with your groups.
2:00 - 3:30pm	Welcome by Barbara Barrington Jones and the <i>A New You</i> staff.
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.

### EMERGENCY CONTACT NUMBERS

**559-285-2865 Shelley Van Wagenen-Head Counselor (this is a cell phone)**

**801-587-2000 Heritage Center Front Desk between 7:00am and 10:00pm  
(leave messages)**

**801-585-2677 University Police-between 12:00am to 7:00am**

Identify yourself as a participant in the *A New You* program.

## 11. Website

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

Reminder: Full payment is due July 15, 2009 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)

Thank you for sending us the requested information as soon as possible so we will 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.



**Please return this paper along with a full length picture to:**

*A New You* 10 Badger Ct. Novato CA. 94949

1. Name \_\_\_\_\_

2. Address \_\_\_\_\_  
\_\_\_\_\_

3. Age \_\_\_\_\_ Birth Date \_\_\_\_\_ Single \_\_\_\_\_ Married \_\_\_\_\_

4. Home Phone # \_\_\_\_\_ Email \_\_\_\_\_

5. Family Information \_\_\_\_\_  
\_\_\_\_\_

6. Religious Affiliation \_\_\_\_\_

7. Background (tell us about you-your interests, "favorites" – anything that will help us to get to know you better, (use back, if necessary) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. What do you hope to accomplish during this week?  
\_\_\_\_\_  
\_\_\_\_\_

9. Are you suffering from depression, not feeling good about yourself, overwhelmed, fatigue, pressured by time? What details can you tell us that will help us to help you?  
\_\_\_\_\_  
\_\_\_\_\_

10. Prioritize the following reasons (or give your own) for why you are coming to the program: Spiritual Rejuvenation, Weight Loss, External Appearance (A New You makeover), Other  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9 to 11 AM - Monday August 3

Registration in front of Chapel Glen Dorms

- I-15 Exit 600 South. Drive east.
- Left on 1330 East
- Right on 500 South
- Left on Mario Capecchi Drive
- Right on South Campus/Hempstead Drive
- Left at stop sign on Fort Douglas Blvd.
- Turn right into driveway for Lot 69/Chapel Glen Dorms

