



Women's Weekend of Wellness at the Broadmoor

"If you don't invest in yourself, you're not a good investment for others," said Cassie Hernandez, director of The Spa at the Broadmoor, as women of all ages gathered to invest in themselves and reboot their minds, bodies and spirits at the resort's annual Women's Weekend of Wellness, cosponsored by the University of Colorado Anschutz Health and Wellness Center.

The all-inclusive weekend aimed to help women develop a healthier lifestyle through interactive seminars and exercise-based activities including yoga/tai chi, guided hikes, AquaFit, Zumba, spin classes and an optional wellness assessment. Holly Wyatt, MD, associate professor of medicine and medical director of Anschutz Health and Wellness Center, opened with "The Power of Positivity" seminar, which focused on choosing happiness, practicing gratitude and tweaking the negative.

"At any given moment, you have the power to say 'this is not how the story is going to end,'" says Wyatt. The final keynote speaker, Melanie Carvell, a triathlete and motivational speaker, left attendees with three ways to positively manage stress: 1. Identify stress triggers. 2. Be present-minded. 3. Become happily engaged in life. Sign up for next year! broadmoor.com

—Kristin Vukovic



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