



891 E Roller Ave
Decatur, AR 72722
479-752-8555, 479-752-3883 FAX
Email: wellness.secrets@yahoo.com
www.wellnesssecrets4u.com

Date: _____

Dear _____,

We are happy you are considering being our guest for our 5 Day Live-In Health Program. Enclosed is an application which you can submit by mail or FAX. Your place will be held when we receive your application and deposit.

The next program is scheduled for April 25-30th. Also May 9-16th we have a spiritual emphasis week. Our May Health program will be from the 23rd-28th. We would like to have you here on Sunday for **our 5pm orientation**. The program ends on Friday at 3pm. The fee for each one week session is \$495. The program includes: Health Lectures, Treatments, Consultations, Exercise, Hands-On Food Preparation, Evening Programs, and instruction from our dedicated staff. Please send a \$50 deposit(non-refundable)with your application. Please notify within four days of the program if you have to cancel or reschedule. If a Friday afternoon departure would be an inconvenience, you may choose to stay until Sunday after breakfast for a charge of \$30 per night.

The closest airport is 13 miles from us. It is NW Arkansas Regional Airport, the code is XNA. There is no charge for transportation to and from this airport. The Tulsa airport is 1 hour and 40 minutes away, but you would have to make individual arrangements to secure getting here(ex: rental car).

Here are a few things to keep in mind as you prepare to come.

- Bring a positive attitude, it will go a long way in your wellness program
- Be ready for change, things will be different here than they are at home
- We will be providing delicious, wholesome food, we ask that you not bring any food to supplement the diet
- Leave your radio, TV, DVDs, CDs, and games at home. I believe you will find that your days will be full, and what we provide will keep you focused
- Stay on your regular medication and or herbs and *bring them with you*. If you are a diabetic, please bring your glucometer (with at least 2-3 strips per day).
- Here are some things to consider as you pack your clothes, You will have use of a washer, dryer, and iron:
 - *Bring clothes appropriate to the season, and modest (Ladies, it may be of interest to you that our staff ladies will be wearing skirts or dresses, this is not required of our guests)
 - *Church attire if you plan to stay the weekend
 - *Swim suit for hydrotherapy
 - *Sturdy, comfortable walking shoes
 - *Personal toiletries
 - *Umbrella

God's ways are simple but they have powerful results. Co-operating with Him we can ask for His blessing and know we will receive it. Feel free to contact us with any questions, concerns, or needs. Be assured we will be praying for you prior to your arrival. If there are any changes in your plans, please let us know.

May God be with you,

Wellness Secrets Team