

2024 Women's Retreat



October 11-13, 2024 • Grand View Lodge, Nisswa, MN

Friday • October 11, 2024

Check-inBetween 4:30 – 7:00 pm
Main Lodge
Registration/Informal Reception (Cabin 308) 5:45 – 6:15 pm
Dinner (Main Lodge at Char)..... 6:30 – 8:00 pm
Free Time/On Your Own (cabin 308 will be open until 10:30 for more social time).....

Saturday • October 12, 2024

Full Breakfast optional in main lodge (bill directly to your room)
Main Lodge - Heritage Room
Registration & Coffee (light continental breakfast , Scones, fruit skewers)8:00 a.m. Lake Itasca
Introduction & Group Photo (right before CE starts).....8:20 am
CE8:30 – 11:00 am
Gull Lake Center - Lake Itasca
Speaker: Christina Eberly, LICSW
“Balancing Wellness: Addressing the Impact of Opiates & Health and Well- Being in Dentistry”
Lunch 11:15 – 12:30pm
.....Gull Lake Center – Lake Margaret
Fun Group Event: Spa time (pay for services separately) 12:15 – 4:45pm
..... Glacial Waters Spa (218)963-8700
Free Time 12:15 –4:45 pm
(If you’re interested in going for a walk meet at cabin 308 at 1 p.m.)
Reception Social Gathering before dinner (cabin 308) 5:00 - 6:15 pm
Dinner @ (Hotel North in Hotel Discover Room) 6:30- 8:30 pm

Sunday • October 13, 2024 (Check out by 11 a.m.)

Breakfast in main lodge (billed to your room)7:00 – 8:15 am
Main Lodge - Heritage Room
Registration & Coffee (light continental breakfast yogurt, granola, fruit & muffins) 8:00 am – Cabin 308
CE 8:30 – 10:15 am
Speakers: Courtney Smith, P.A. 8:30 – 10:15 am

(Grandview has a new check out time. Please make sure to check out before 11 a.m. on Sunday)

Friday – Dinner Menu @



Order off the menu

Saturday – Lunch

That's A Wrap!

Chicken Caesar Wrap Grilled Chicken, Chopped Romaine, Parmesan, Caesar Dressing

Portabella Wrap Grilled Portabella Mushrooms, Hummus, Baby Arugula, Balsamic Glaze

Smoked Turkey Wrap Smoked Turkey, Bacon, Aged Cheddar, Lettuce, Tomato, Onion, Chipotle Mayo

Chicken Wild Rice Soup

Kettle Chips

Assorted Cookies

Saturday – Dinner

COTE'S COMFORT

Fresh Rolls w/Butter

Mixed Green Salad w/Assorted Dressings

Fingerling Potato Salad

- Grilled Chicken (w/Dijon Tarragon Cream Sauce)
- Sliced Whole Roasted Strip Loin w/Roasted Shallot Demi-Glace,
 - Seared Red Snapper w/Lemon Butter

Herb Roasted Potatoes

Fresh Seasonal Vegetables.

Cheesecake w/Berry Sauce, Fresh Chantilly
Chocolate Torte w/Berry Sauce, Fresh Chantilly

Sunday – Breakfast

Yogurt, Granola, Fruit, (make your own parfait)

Assortment of Muffins

Juice and Coffee