



Amazing Women  
Educational Retreat  
SEPTEMBER 24-26 2010  
WWW.CAMP EXPERIENCE.COM

720-200-0271

FOR IMMEDIATE RELEASE

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## 5th Annual CampExperience™ Joins Like-Minded Women for Education, Inspiration and Philanthropy

*Weekend retreat set for Sept. 24 – 26, 2010 – Copper Mountain, Colorado*

DENVER, COLO. (April 21, 2010) — Remember going to camp as a kid? There were new friendships, great activities and learning, being away from home and the classic camp food, s'mores. Camp isn't just for kids anymore with the fifth annual CampExperience™, a one-of-a-kind networking retreat for women in Copper Mountain, Colo., scheduled for Sept. 24 – 26. More than 200 women from some of the country's top organizations and businesses will come together in this casual mountain setting for 2.5 days of life-changing experiences.

"Co-workers, colleagues, sisters, mothers and daughters, and friends come away feeling rejuvenated and energized. Many campers return every year," says CampExperience™ Founder Betsy Wiersma. "We also applaud outstanding women with our Women Who Rock awards annually."

More than 35 national and state speakers are on hand to lead keynote sessions and breakout workshops, covering various leadership, optimal health, success skills and creative thinking topics. In addition, CampExperience™ offers a menu of adventure activities and personal services such as PsycheHike™, fly-fishing, self-defense classes, organic cooking, yoga, Qi Gong, spa services, and health services consultations. There's also a hands-on Creativity Corner that will feature pottery, glass beads, journals and fabric art.

Keynote speakers for 2010 include the following dynamic women.

- Zonya Foco, nationally known registered dietitian and certified health and fitness instructor
- Diane Conway, San Francisco-based comedian, author and artist
- Cynthia James, author, seminar leader and musician
- Colleen Abdouh, president and CEO of WOW Cable
- Elisabeth Fayt, Canadian author and successful entrepreneur
- LeAnn Thieman, CSP, award-winning speaker and author of multiple "Chicken Soup for the Soul" books
- Jana Stanfield, CSP, Nashville-based international speaker and recording artist

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Proceeds from all on-site activities at this year's CampExperience™ will benefit The Women's Bean Project and Mile High United Way's Adult Self-Sufficiency Initiative, both based in Denver. On-site activities include the Charity Bow-tique (campers are asked to give three gently used or new items), donations for personal services (massages, reflexology and more), gifts of cash and in-kind services, and matching grants for funds raised. Since 2006, CampExperience™ has donated more than \$116,000 in cash and in excess of 1,000 pounds of clothing and household goods to its charity partners.

Camp Presenting Sponsors include: CBS4, St. Anthony Central Hospital, Staples, Northwestern Mutual Financial Network, Regis University, Copper Mt. Resort. Host sponsors include: MillerCoors, Denver Magazine, Copper Conferencing, KUVU Radio, Garvin's Sewer Service, Gay & Lesbian Fund for Colorado.

For a complete schedule and registration information, visit [www.CampExperience.com](http://www.CampExperience.com) or call 720.200.0271.

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