

## Events

### Welcome Reception

Sandals Emerald Bay - Main Beach  
Thursday, March 12<sup>th</sup> 7:00pm–10:00pm

### Group Dinner

Friday, March 13<sup>th</sup> 7:00pm  
There will be an optional group dinner at the La Parisienne restaurant located in the Emerald Bay Resort. La Parisienne is the perfect place to indulge in fine, French cuisine. Revel in the contemporary ambience, delightfully progressive menu, and impeccable white-glove service.

### Closing Reception

Sandals Emerald Bay - Zen Gardens  
Sunday, March 15<sup>th</sup> 6:00–7:00pm

## Travel

Emergency Contact Name

Emergency Contact Phone

If your arrival/departure flights are earlier than March 12<sup>th</sup> or later than March 15<sup>th</sup>, please mark below:

I will be extending my stay at the Sandals Emerald Bay Resort at my own cost for the night(s) of:

(based on availability)

The all-inclusive daily room rate will be \$723 per couple.

Special Requests (i.e. accessible rooms, special dietary needs, etc.):

## Sign-up

Name

Guest

Choose 2 activities each during the designated trip dates 3/12-3/15. When choosing a spa service, please specify your requested service and appointment time and we will do our best to accommodate your request.

If you decide to cancel or change your requested activity, please do so at least 72 hours in advance. By not doing so you will forfeit your paid activity for that day.

### Activity One

1<sup>st</sup> Choice

2<sup>nd</sup> Choice

### Activity Two

1<sup>st</sup> Choice

2<sup>nd</sup> Choice

We will be attending the group dinner on Friday, March 13<sup>th</sup>

Yes \_\_\_\_\_ No \_\_\_\_\_

Please return completed form to Sherri Edell at [sherri.edell@millenniumhealth.com](mailto:sherri.edell@millenniumhealth.com) no later than February 6<sup>th</sup>, 2015

## Congratulations

President Club winners, below is a list of various activities for you to choose from while on your trip to Great Exuma, Bahamas. Please select 2 activities each for you and your guest. In addition, there will be a welcome reception held the evening of Thursday, March 12<sup>th</sup> and a closing reception the evening of Sunday, March 15<sup>th</sup>.

*We look forward to a wonderful trip with amazing memories!*

## Activities

### Exuma Cays Ocean Safari

8:30am–12:30pm or 12:30pm–4:30pm

Half Day

Your captain and first mate will entertain you with excellent knowledge and first class service as you cruise in and out of over 20 magnificent, little known cays with several stops along the way. Take incredible photos atop an island with 360 degree views of the Exuma cays; Swim with the pigs and take photos that will surely delight your friends back home! Circle past the million dollar privately owned islands of celebrities, and speed across waters only inches deep as Stingrays race across the bottom. Visit the endangered Bahamian rock Iguana at an island which the original natives of the Bahamas once called home.

### 007 Thunderball Tour

8:30am–5:30pm

Full Day

Indulge in the adventure and luxury of this extended version of the Thunder Ball Tour. Travel 60 miles up the Exuma cays to see the Swimming Pigs, Thunder Ball Grotto, Iguanas and a whole lot more! Enjoy a scrumptious lunch at Staniel Cay followed by a relaxing stop at the famous 2 mile long sand bar. Next you will jump into the waters at the exclusive Compass Cay and experience the thrill of swimming with the sharks. Finish the day with the world's best "home-made rum cake" in the middle of nowhere. Included are snacks, soft drinks, beers, water, all snorkel gear and your Bahamian Lunch at the Staniel Cay Yacht Club.

### Sandals Red Lane Spa

The perfect vacation begins by giving your mind, body, and soul a chance to relax and re-energize. Inspired by the distinct essence of the Caribbean, Red Lane Spa is the essential element in creating the ideal island getaway. Welcomed by the warm, calming ambiance, from the moment you walk into a Red Lane Spa you are reminded of why you needed to get away from it all to simply relax.

**Please choose one 50 minute treatment and specify an appointment time and we will do our best to accommodate your request.**

1. About Face Facial
2. Scents of Love Couples Swedish Massage
3. Tropical Bliss Swedish Massage
4. Salt Scrub or Sugar Glow Treatment (40 min)
5. Tropical Manicure & Pedicure

### ATV Adventure

9:00am, 11:00am or 3:00pm

Duration approx. 90 minutes

Take a walk on the wild side! Climb aboard your very own powerful ATV and blaze down the trails to the lee side of the island. Experience the untouched and natural side of Exuma as you journey through rugged dirt trails and familiarize yourself with the natural wonders of the Island's bush land. Follow your guide and make your way along untraveled roads to reach the shallow beach on the south side of the beautiful island. Please specify if you would like a single or double ATV.

### Santana's Beach Bar & Grill & Historic Exuma Tour

Friday Only

10:00am–2:00pm

It is said that you can't come to Exuma and not visit Santana's Bar and Grill. Johnny Depp and the whole "Pirates of the Caribbean" crew dined here almost

every day while filming. Here you will feast on fish, shrimp, chicken or lobster! (lobster-when in season) This tour allows you to experience the true beauty of Exuma with no rush involved. You will be guided by a local Exumian who will give you a plethora of information and history on the Bahamas and Exuma in particular. You will visit the Tropic of Cancer beach, take a jaunt through George Town to do a little souvenir shopping and also your guide will stop at several Bahamian heritage spots where you can learn some of the rich history of Exuma. Lunch is included in this tour.

### Reef/Light Tackle Fishing

7:30am–12:00pm or 1:00pm–5:00pm

Stand up and battle grouper, snapper, barracuda and more on this fun filled, shallow water experience. Your knowledgeable and insightful guide will help you locate these wonderful creatures, all while staying close to shore. Take home excellent photos and a story no one will believe.

### Stand Up Paddle Boarding Tour

3 hours

This tour will teach you the basics of Stand Up Paddle Boarding through powder sand beaches and electric blue water at the Moriah Harbour Cay National Park! Experience why this area was chosen as Bahamas National Park.

### Golf

Designed by golf legend Greg Norman, the award-winning course at Sandals Emerald Reef Golf Club is recognized as one of the most scenic ocean-side golf courses in the Caribbean and renowned for its challenging fairways. A golfer's paradise, six signature holes hug the coastline of a scenic peninsula, and prevailing trade winds promise new experiences with each game. If you require club rentals please specify if you are right or left handed.