

## Win a Chance to Attend Joan Lunden's Getaway for Women, Camp Reveille

*If you or someone you know deserves a "time-out," enter now!*

(Vocus/PRWEB ) May 12, 2009 -- In today's fast paced world, multi-tasking women everywhere dream of taking a much-needed break. Now they have a chance! Joan Lunden, the longtime co-host of ABC's "Good Morning America" who now dedicates much of her career to promoting women's wellness, has designed a women's weekend getaway called Camp Reveille. If you've ever wanted to climb a rock wall, try a yoga class, paddle a canoe, or simply enjoy a sunset in an Adirondack chair, Camp Reveille is designed for you. Log onto [www.campreveille.com/contest.html](http://www.campreveille.com/contest.html) and tell us in 200 words or less why you or someone you know should be selected for a complimentary enrollment at this summer's session. For one lucky woman, the dream of a mini-escape from August 20-23 could become a reality. Submissions are due by June 15, 2009.



### Joan Lunden's Camp Reveille

Nestled among the majestic pines on the shores of Long Lake in Naples, Maine, Camp Reveille offers busy women an opportunity to reconnect with their sense of play, jump start their fitness, or simply relax and connect with other women. According to Lunden, "We all need to take a time-out from our hectic schedules to reconnect with our sense of play, recommit to our health, and renew our spirits."

The idyllic location includes an active waterfront and beach, which offers swimming, sailing, canoeing, waterskiing and banana boat rides. There are 17 tennis courts, basketball courts, paddle ball, beach volleyball, soft ball and soccer fields as well as two indoor sports complexes, three indoor dance studios, a playhouse and a crafts lodge.

Lunden is quick to point out that there are no requirements or expectations at Camp Reveille, only choice. Camp Reveille - endorsed by the American Heart Association - allows campers ranging from 25 to 75 years old to design their own experience, whether it be relaxing, socializing, taking part in fitness classes or pushing their bounds physically, emotionally or mentally.

"This is a guilt-free, long weekend," Lunden said. "If we want to be our best as women, we must take care of ourselves. That means taking a break from our demanding schedules to revitalize mind and body. Camp Reveille is your chance for renewal, personal growth, and self discovery, but most importantly it's your chance to relax and have fun!"

Camp Reveille's cabins are outfitted with women in mind - special linens, down comforters, spa amenities and even Murad Skincare facials are all part of the package price.

This year's all-inclusive getaway is being offered at a special recession discount of \$899. Price does not include transportation to and from Maine. To submit to this contest, for further information, or to enroll in camp, access the Web site at [www.campreveille.com](http://www.campreveille.com) or call 914/219-5555.

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