



ON THE
PATH TO WELLNESS,
MAKE SURE YOU'RE WELL-FED.

LIVE LIFE LOVE FOOD | A FALL WELLNESS WEEKEND EVENT | OCTOBER 20-23, 2017

JOIN US FOR LIVE LIFE LOVE FOOD A FALL WELLNESS WEEKEND EVENT AT THE RESORT AT PAWS UP | OCTOBER 20–23, 2017



On your journey toward wellness, here's the ideal way to fuel up. Join us for our first-ever Live Life Love Food event, led by Paws Up Executive Chef Ben Jones. As part of our fall wellness weekend, Jones will lead exercise classes, teach you how to incorporate locally sourced ingredients and macro eating into daily life and share his philosophies on cooking, health and vitality. You'll be getting more than just a taste of the good life—you'll feast on Jones's incredible locally sourced meals throughout the weekend. Consider it a boot camp for better living, and you couldn't ask for a better instructor.



Chef Ben Jones
Executive Chef
The Resort at Paws Up
2016 James Beard House
Headlining Chef



**Featured Author
Alison Lewis**
Media Relations and
Social Media Manager
The Resort at Paws Up
Author of 200 Best
Smoothie Bowl Recipes



**Featured Yogi
Kristin McGee**
Yoga and Pilates teacher
and speaker
Author of Chair Yoga: Sit, Stretch
and Strengthen Your Way
to a Happier, Healthier You



**Featured Fitness Expert
Idalis Velazquez**
Certified personal trainer (NASM)
Creator of the
Women's Health All in 18

ADRENZEN: ADRENALINE MEETS ZEN | OCTOBER 20–23, 2017

There's no better way to work up a healthy appetite than with our other exciting wellness weekend event, AdrenZen: Fall. Get your heart racing with activities like mountain biking and horseback riding, and test your limits on the Grizzlyman Fitness Trail and the Sky Line Aerial Adventure Park. Then cool down with yoga sessions, meditation and tranquil spa treatments. This dual theme of adrenaline and Zen is the perfect way to experience Paws Up, with over 37,000 acres of nature to seek out thrilling adventures and tranquil moments of reflection. At the end of the weekend, you'll leave feeling renewed and ready to take on anything.

SCHEDULE HIGHLIGHTS

Friday, October 20, 2017

- Meet and greet in Tank with warm and chilled health-conscious cocktails
- Chef-driven dinner in the Bull Barn with experiential dining format

Saturday, October 21, 2017

- Early morning workout with Chef Ben Jones at the Paws Up Gym
- Morning yoga led by AdrenZen's Kristin McGee
- Breakfast at the Ranch Table with fresh juice bar
- Hands-on "clean eating" cooking class with Chef Ben Jones
- Lunch at the Ranch Table
- Greenhouse tour led by Chef Ben Jones
- Reception and four-course dinner prepared by Chef Ben Jones in Pomp, featuring Ole World Oils owner Travis Greenwalt and Deluge Farm owner/farmer Victoria Werner

Sunday, October 22, 2017

- Early morning workout with Chef Ben Jones at the Paws Up Gym
- Morning yoga led by AdrenZen's Kristin McGee
- Breakfast at the Ranch Table with fresh juice bar
- Cooking class followed by lunch at the Ranch Table
- Q&A with Chef Ben Jones on subjects ranging from macro eating and dieting to nutrition and flavor
- Resort activities
- Reception and family-style dinner in Pomp featuring Chef Olivia Donovan from Plonk Missoula and Western Montana Growers Co-Op VP of Sales Stephan Brown

Monday, October 23, 2017

- Early morning workout with Chef Ben Jones at the Paws Up Gym
- Morning yoga led by AdrenZen's Kristin McGee
- Breakfast at the Ranch Table with green drink decompression

Note: Schedule details are subject to change.

Rates start at \$818 per person per night (based on two adults staying in a Wilderness Estates suite).

For reservations, call 866-929-7571 or visit pawsup.com/lovefood

