

CANYON RANCH®

MEDIA ALERT

CANYON RANCH® ANNOUNCES FIRST-EVER WOMEN'S HEALTH & WELLNESS SUMMIT

WELLNESS TRAILBLAZER INTRODUCES WEEK-LONG IMMERSIVE PROGRAM FEATURING ALL FEMALE INDUSTRY EXPERTS FROM CANYON RANCH AND BEYOND

WHAT: Canyon Ranch is proud to announce its first Women's Health & Wellness Summit in Tucson, Arizona from April 22-29, 2018. Alongside an all-female panel of industry leaders and experts, guests will examine the physical, emotional, and spiritual challenges and opportunities women face related to health, aging and relationships.

During the week-long program, professionals in nutrition, integrative medicine, exercise physiology, life management, spa and beauty, and spiritual wellness will share practical tools for pursuing optimal health. The Women's Health and Wellness Summit will be led by four Canyon Ranch physicians - Diane Downing, MD, Nicola Finley, MD, Cynthia Geyer, MD and Tereza Hubkova, MD, and will include special guest speakers Jamie Rosen, Beauty Director of *Town & Country* Magazine, Carrie Gross, President and CEO of Dr. Dennis Gross Skincare™ and Leigh Weinraub, motivational speaker and Founder of inspirational apparel brand MINDINMOTION. The program will also include a tasting dinner hosted by Susan Docherty, Chief Executive Officer of Canyon Ranch.

Engaging presentations will cover a range of topics including Innovations in Skin Care; Breasts, Bones & Hormones; Cardio-Metabolic Health – the Heart of the Matter; Posture & Balance; A Good Night's Sleep; Removing Barriers: Quiet Those Inner Saboteurs; Understanding the Microbiome, Healthy Digestion and more.

Among a supportive community of women who share the same focus – greater wellness – guests will be able to discover effective strategies for juggling commitments, managing stress, embracing healthier lifestyle choices and finding balance in everyday life. Additional experiences will include a welcome reception, social mixer, tasting dinner, fitness classes, guided meditations, personalized guidance and individual life coaching services, a closing celebration and more.

For reservations and more information, visit canyonranch.com or call 866-391-7326.

WHO: **Canyon Ranch Leaders & Experts**
Susan Docherty, Chief Executive Officer
Diane Downing, MD
Nicola Finley, MD
Cynthia Geyer, MD
Tereza Hubkova, MD
Lisa Powell – Nutrition Director
Amy Hawthorne – Life Management Director
Tryshe Dhevney – Sound Healing Practitioner
Stephanie Ludwig – Spiritual Wellness Director
Terry Horton – Life Enhancement Coach
Mary Stauder – Exercise Physiologist

Special Guests

Jamie Rosen – Beauty Director, *Town & Country* Magazine
Carrie Gross – President and CEO, Dr. Dennis Gross Skincare™
Leigh Weinraub – Founder, MINDINMOTION



Pictured left to right: Special guests Jamie Rosen, Carrie Gross, Leigh Weinraub

Images available [here](#). Credit: Canyon Ranch.

WHEN: April 22-29, 2018

WHERE: Canyon Ranch Tucson | 8600 E. Rockcliff Road | Tucson, AZ 85750

About Canyon Ranch®

Canyon Ranch® has been a trailblazer and an industry-leading proponent of the wellness lifestyle and real estate living for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Arizona and Lenox, Massachusetts. In addition, Canyon Ranch operates the world's largest day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nevada and 22 Canyon Ranch at Sea® wellness facilities onboard luxury cruise ships: Cunard Cruise Line, Oceania® Cruises, Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award, an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award, is honored by Town & Country as one of the 'Best Luxury Spas in the World' in their 2017 Spa Awards and is recognized as the 'Best Wellness Program' by Virtuoso's 'Best of the Best' 2017 awards.

About Dr. Dennis Gross Skincare™

At Dr. Dennis Gross Skincare, our mission is to help each person we touch achieve their best skin with the purpose of inspiring self-confidence. We find joy and satisfaction in helping people enhance their natural beauty. Our Glow Moment happened when Dr. Dennis Gross, a NYC dermatologist known for his Alpha Beta® Pro Peel, disrupted the beauty industry by asking people to peel daily. But to win at the skin game, it takes the powerful chemistry of two. While Dr. Gross was treating patients, his wife Carrie was so inspired by the results that she teamed up with him to launch the iconic Alpha Beta® Peel for at-home use. In the year 2000, a brand was born. Today, our full line of innovative treatments help you go fearlessly face first into everything you do. Our promise: provide proven, simple, clinical skincare that delivers transformative results but never throws the skin off balance. Our mantra: Live Skin Positive.

About MIND IN MOTION

Leigh Weinraub, founder of Mind in Motion is an entrepreneurial powerhouse and renowned speaker; a triple threat visionary with intelligence, passion and a lifetime desire to help others reach their personal best. Armed with a Masters in Counseling Psychology from Northwestern University and a background playing and coaching competitive tennis, Leigh has developed a unique approach to help people access their potential for greatness. She works around the globe with individuals and organizations, delivering keynotes, interactive workshops, walk-and-talk sessions and a product line of carefully curated messages. Leigh promotes the idea of empowerment from within. While working with a young athlete she wrote BREATHE upside down on the bottom corner of a shirt to help her focus during a tennis match. Before long Leigh was printing hundreds of shirts for students, clients and strangers. Word got around and eventually sparked the Mind in Motion movement - apparel, accessories, bags and journals, all focused on the visual cues of words to remind each of us to be our best selves. Word by word, Mind In Motion seeks to bring out the champion inside of everyone.

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