

Woman's World

God Bless America

ONLY \$1.49

A great week made easy!

Expert tricks that **Erase years from your looks!**

plus

Easy exercises that **Reverse aging!**



Steal Oprah's favorites!

Beauty buys she loves—and how you can get 'em cheaper!

BREAKING WEIGHT-LOSS NEWS!

LOSE UP TO 150 lbs!

... pizza can help
rink fibroids!

... science-proven
appiness secrets!

No more cellulite!

... breakthrough techniques that'll
ake yours disappear!

Brand-new FDA-approved over-the-counter diet drug!

What you need to know about Alli now to:

- ✓ **Block fat calories!**
- ✓ **Melt off 5 lbs a week!**
- ✓ **Avoid side effects!**

Summer treats!

Memorial Day shortcake!



Ladybug cupcakes!



Low-cal ice cream pie!



Stressed out? Camp could be the cure!



Camp for grownups?
Yes, indeed! And hundreds of worn-out women like Anne Sussman are signing up—and coming back renewed, refreshed and energized!



"I came home with a renewed enthusiasm for life!" says Anne, left, with camp founder Pat San Pedro.

Ever gotten to the point where everything gets to you? Given so much of yourself that you felt worn out?

Maplewood, New Jersey, mom Anne Sussman did—until she went to camp!

Count your blessings, Anne told herself when burnout hit in her 40s. She loved her job teaching preschool. Her two teenagers were great kids. And her husband was her rock.

But taking care of everyone was tiring. Sometimes it seemed like life was all work and no play! But still, she never took time to just be. And if she felt a longing to "get away from it all," she ignored it.

Then a friend whose kids had gone to camp with hers said, "Anne, now there's camp for us!"

S'mores, anyone?

Six formerly frazzled women had started Camp Bombshell—

weekend retreats to give "girls" from their 20s to their 70s a break. More than 50 women were expected to attend the session in the Pocono Mountains.

I loved camp! Anne thought wistfully. The fresh air, the freedom, the fun...

She'd never been the kind to leave her husband and kids to fend for themselves. But something urged her to sign up.

"We'll be fine," her family said. "Don't worry!"

And the minute the founding Bombshells greeted her with a warm, "Welcome to camp!" her cares started melting away.

The cabin was no-frills, but she didn't have to cook or clean! And it was a relief to turn off her cellphone and go without lipstick!

She could sleep the day away if she wanted to, but there was so much to do—a climbing wall, canoeing, an obstacle course,

kickball... Soon everyone was rooting for each other, drinking in sunshine—and giggling.

And as the women gathered around the campfire for songs and s'mores, they bonded.

They understand, Anne realized as campers scribbled their stresses about love, money, work and family on Post-its, stuck them to a cardboard Worry Wall—and tossed it onto the flames together, cheering!

Before she knew it, it was time to head home—where her "boys" were just fine, and where Anne felt so energized, everything seemed easier!

It's good to take a break! she'd learned.

And with camps in Florida, Arizona, Connecticut and more (www.miamibombshells.com), she couldn't wait to go again!

"Camp helped me discover how important it is to relax," Anne says. "De-stressing nurtures the soul. It's something we all need more of!"

—Andrea Florczak

Did you know?
Spending time outdoors has been shown to help reduce the symptoms of ADHD!

Would you have fun at camp?

You can just about count on it, if...

- You don't mind sharing a bathroom
- You love picnics and barbecues
- You don't mind going without makeup
- You'd like a break from your office wardrobe
- You crave quality time with friends
- Thinking back to being a kid makes you feel nostalgic
- You wish you could slow down life's hectic pace
- A nature walk sounds like a great way to exercise
- Taking a brisk dip in a lake sounds invigorating
- You wouldn't mind waking up to a bugle instead of an alarm clock!



3 more places you can go to camp!

1 Big Kids' Camp

Smugglers' Notch, Vermont
Paddle in a kayak, climb a rock, go skating and swim in crisp lake water at this four-day camp for grownups, with sessions from June through Labor Day!
Info: 800-419-4615 or www.smuggs.com (click "summer").

2 Camp Echo

Fremont, Michigan
September 6-9, bunk in a cabin (no "boys" allowed!), bike along a lake, go sailing, try yoga... or just relax on the beach at this YMCA Women's Adventure Camp!
Info: 847-475-7400.

3 Pacific Women's Circle Association Camp

Cowichan Lake, British Columbia
Celebrate your inner goddess from August 13-18 with drumming circles, healing rituals, journaling, singing, nature walks and lake swimming.
Info: <http://pwccacamp.org>.

For more "big kid" camps, visit www.grownupcamps.com.