

## social scene

In conjunction with Global Wellness Day, which happens on June 11, Sedona Athletic Club and eforea spa will host its annual open house. Enjoy mini spa treatments including facials, massages and energy work; nosh on healthy snacks from ShadowRock; meet personal trainers; and check out product demonstrations. Stay tuned for the event time.



## global wellness day

Global Wellness Day on June 11 is an international movement that dedicates one day to living well, both physically and spiritually ([www.globalwellnessday.org](http://www.globalwellnessday.org)). Hilton Sedona Resort at Bell Rock will be celebrating all week starting with an opening reception at the Sedona Athletic Club lap pool on June 6. Check with the front desk for information on unique wellness-based treatments at eforea spa June 6-11.



Sedona Athletic Club has teamed with Sedona Golf Resort for its Be Well. Live Well Golf Tournament – the first of its kind in Arizona. The tournament will alternate nine holes of golf with 9 holes of physical activity such as kettle bells, tai chi, yoga, jogging, mountain biking and Zumba. The cost is \$75 per person, and that includes a healthy breakfast, a T-shirt and more. The tournament begins at 9 a.m. For more details, visit [www.sedonagolfresort.com/well](http://www.sedonagolfresort.com/well).

