

The WELLNESS COLLECTIVE

AN INITIATIVE BY BEARTOOTH BILLINGS CLINIC

2026 WELLNESS RETREAT

SEPTEMBER 18TH, 19TH AND 20TH

ROCK CREEK RESORT RED LODGE, MT



THE PURPOSE OF BEARTOOTH WELLNESS RETREAT: TO EMPOWER INDIVIDUALS TO RECONNECT WITH THEIR BODIES, MINDS, AND SENSE OF SELF THROUGH ACCESSIBLE WELLNESS EXPERIENCES. WE EXIST TO BREAK DOWN BARRIERS, CHALLENGE THE IDEA THAT WELLNESS IS ONLY FOR A CERTAIN FEW, AND DEMONSTRATE THAT MEANINGFUL PROGRESS IS POSSIBLE AT ANY STAGE OF LIFE OR ABILITY. BY FOSTERING CONFIDENCE, RESILIENCE, AND SUSTAINABLE HABITS, WE AIM TO HELP EVERY GUEST DISCOVER A PERSONALIZED PATH TOWARD LASTING WELL-BEING.

JOIN US FOR A WEEKEND WELLNESS EXPERIENCE FEATURING:

- NOURISHING MEALS BY A LOCAL CHEF
- ENERGIZING WORKOUTS + MOVEMENT SESSIONS
- INSPIRING WELLNESS TALKS
- LOCAL EXPERTS GUIDING YOUR JOURNEY

OPTIONAL ADD-ONS

- MASSAGES
- FACIALS
- SPECIALIZED WORKOUTS
- BOTOX
- & MORE

ONSITE AMENITIES:

- POOL
- COLD TUB
- CREEKSIDE INFARED SAUNA
- HIKING TRAILS
- COMFORTABLE, MODERN ROOMS

TO POUR INTO YOUR PEOPLE, YOU MUST FIRST FILL YOUR OWN CUP.

RETREAT PACKAGES

Weekend Retreat

\$350

- 5 curated meals
- 2 local made snacks a day
- 3+ workouts
- Multiple Speakers
- Access to amenities
- Additional self-care services

Rock Creek Resort Room Block

Guests can book a room at a discounted rate.

Payment Plans Available

REGISTER HERE