

OVERVIEW

- +Reduce weight
- +Reduce cholesterol
- +Boost energy
- +Strengthen immune
- +Improve skin
- +Think clearer

Healthy Recipes will be demonstrated each week and free samples will be available!

Are you ready for a journey of total body and mind transformation?
Join us every Monday for a groundbreaking group session:
"12 Steps to Total Body and Mind Transformation."

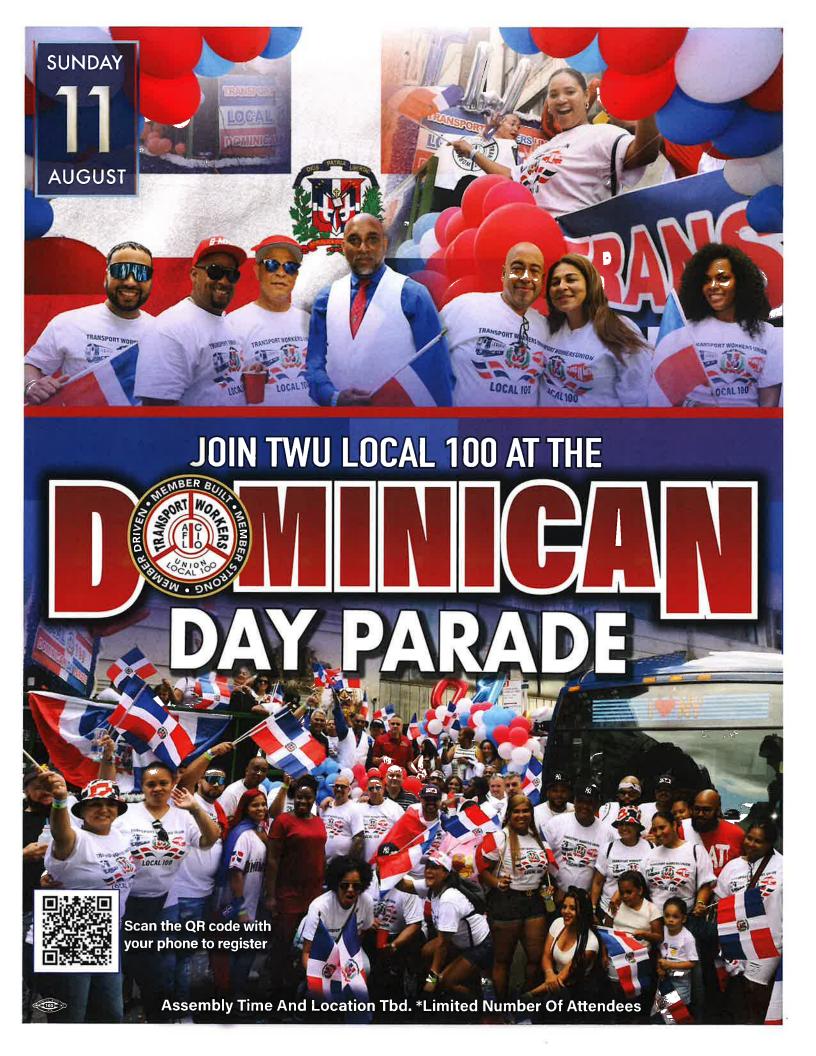
STARTS MONDAY, MAY 6TH ENDS MONDAY JULY 29TH

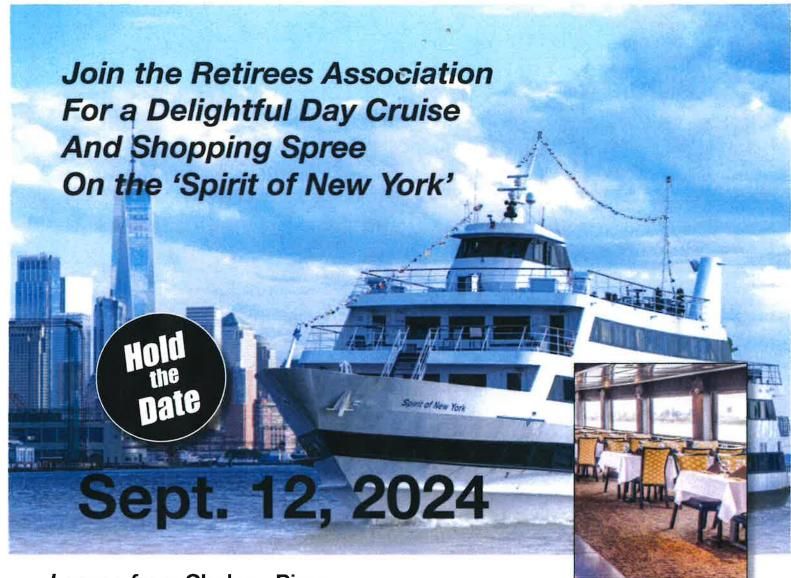
TIME: 12:00 PM - 1:00PM



Location: TWU Union Hall 3rd FL 195 Montague Street Brooklyn, Ny 11201 (212)-873-6000







Leaves from Chelsea Piers W. 23rd St. & Hudson River

Boarding Time: 11:30am

Trip Includes

- ✓ Bus pickup (location TBD) 9:15am
- ✓ Leisurely Cruise in NYHarbor
- ✓ 2-Hour Luncheon buffet
- ✓ Shop at Jersey Gardens Outlets
- ✓ Back to NYC by 7:30pm

Check the Retirees website as we get closer to date: www.twulocal100retirees.org

RAIN OR SHINE . NO REFUNDS

COST: \$150 per person

Name				
Address				
		<u>ā</u>		
City	State	Zip		
Cell Phone				
Number of People	Amount Enclosed			

Send Deposit of \$50 per person due July 1, 2024
Final Payment Due August 1st to:
TWU Local 100 Retirees Association
195 Montague St. (3rd Floor) Brooklyn, NY 11201
Call 212-873-6000 x2077 for more info



JOIN TWU LOCAL 100 RETIREES TO THE **EASTERN CARIBBEAN**

9 Nights From Only \$1,044.73







JUNE 9, 2025

Date	Port	Arrive	Depart
Jun 9	Manhattan (NYC), New York - b	oard <i>Carnival Venezi</i>	a® 4pm
10	Fun Day at Sea	~	~
11	Fun Day at Sea	~	~
12	Fun Day at Sea	~	~
13	St. Thomas, USVI	9am	6pm
14	San Juan, Puerto Rico	7am	3pm
15	Grand Turk	9 ³⁰ am	5pm
16	Fun Day at Sea	~	~
17	Fun Day at Sea	~	~
18	Manhattan (NYC), New York	8am	

Featuring: \$25 per stateroom shipboard credit!

For Information Contact:

Shalena Lindsey 212.873.6000 xt 2077 email: slindsey@twulocal100.org

For Reservations Call: **Donna Bates**

Direct Dial: 646.738.8470 e-mail: dbates@allaboardtravel.com Reserve your cabin with only \$275 per person. (Deposit due at time of booking.)



Note: You must book with All Aboard Travel to dine with the group.

3		
Departure Date	06/09/25	
Balcony		
Category 8E (balcony)	\$1,554.73	
Category 8D (balcony)	\$1,534.73	
Category 8B (balcony)	\$1,504.73	
Category 8A (balcony)	\$1,494.73	
Category 7C (cove balcony)	\$1,404.73	
OceanView		
Category 6L	\$1,284.73	
Inside		
Category 4E	\$1,094.73	
Category 4D	\$1,084.73	
Category 4B	\$1,054.73	
Category 4A	\$1,044.73	
All Package taxes & fees (These include applicable non-air related government, transfer & dep	Included arture taxes & any fees)	
Trip Protection Coverage available	ask for details	
PrePaid Gratuities (except suites) (subject to change)	\$144pp	
CHEERS! Beverage Program available	ask for price	
Document Concierge Service add-on	\$20pp	



646.738.8470 AllAboardTravel.com

