

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.

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://pwcacamp.org>.

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

Photos: Paul Schiraldi; Stephanie Carter/Stock Illustration Source: Glow Images/Media Bakery.