

## Winter Wellness

### Seasonal remedies for body, mind, and soul.

When the weather turns chilly, don't hibernate: Winter means tuning into wellness in Wine Country.

#### **Lace Up and Go**

Forgot your running shoes? Not a problem when you check into **The Westin Verasa Napa**. The resort's Gear Lending Program comes to the rescue, with athletic shoe and apparel provided by New Balance for guests. You can even get a complimentary running concierge to show you around Napa. There's no excuse to not workout. *\$5 per person. 1314 McKinstry St., Napa, (707) 257-1800, [westinnapa.com](http://westinnapa.com).*