

# Register Today

## Registering is easy . . .

**By Mail -**  
**Complete the form (below) and mail to:**  
 Our Lady of Calvary Retreat  
 31 Colton Street  
 Farmington, CT 06032-2328

**By Phone:**  
 860.677.8519

**By Fax:**  
 860.677.2873

**Online:**  
[www.ourladyofcalvary.net](http://www.ourladyofcalvary.net)

### Step One: Complete the Following Form

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_ Daytime Phone (if different) \_\_\_\_\_

Parish \_\_\_\_\_ Parish Town \_\_\_\_\_

Program Title: "Wellness Retreat" Dates: February 4-5, 2017 Cost: \$285

### Step Two: Calculate Your Total

<input type="checkbox"/>	Registration Fee	\$50
<input type="checkbox"/>	I would like a massage	\$75
<input type="checkbox"/>	I would like to contribute a Scholarship Donation to help fund those in need.	\$ _____

**GRAND TOTAL DUE NOW:** \$ \_\_\_\_\_  
 BALANCE DUE UPON ARRIVAL IS  
 PROGRAM COST LESS REGISTRATION FEE

**Register Online**  
 To register online visit  
[OurLadyofCalvary.net](http://OurLadyofCalvary.net)  
 and click on the theme  
 artwork to access our  
 secure registration form.

**What about my balance?**  
 Your balance is due on  
 arrival at retreat. We  
 accept cash, check, Visa,  
 Mastercard, American  
 Express or Discover.

### Step Three: Payment Information

Form of Payment:  Check *(Make credit card payments at: [www.OurLadyofCalvary.net](http://www.OurLadyofCalvary.net))*

### Special Considerations

Accommodations:  Single Room  Double Room  Triple Room

Roommates: \_\_\_\_\_

Special Physical needs: \_\_\_\_\_

Physical/Medically Prescribed Dietary Needs: \_\_\_\_\_



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[olcretreat@sbcglobal.net](mailto:olcretreat@sbcglobal.net)



# Our Lady of Calvary

RETREAT CENTER



## Wellness Retreat

February 4, 2017 @ 9:00 am - February 5, 2017 @ 12:00 pm

Our Wellness Retreat is a perfect opportunity to rest and re-charge in good company, while learning how to de-stress and nurture yourself.

### Program Overview

Do you sometimes long for a break and some pampering? If you do, our Wellness Retreat is a perfect opportunity.

Come rest and recharge in good company, while learning how to de-stress and nurture yourself.

During our Wellness Retreat Kathy Irr will make a presentation on BioSpiritual Focusing, a way to listen inwardly to what our body's unique felt senses tell us. Adele Mary Caruso will present a session focused on practical ways that we can reduce stress and improve our health.

Mini sessions may include aromatherapy, the rejuvenating and healing qualities of tea, a guided walking tour of Farmington (weather permitting) as well as opportunities for group exercise and/or gentle movement.

There will also be free time to pray to read or take a nap.

Chef Joseph will prepare healthy, delicious meals that will nourish your body and spirit.

Massage will also be available but must be arranged when you register.



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# Our Presenters



## Kathy Irr

### About Kathy

Kathy Irr is an experienced retreat and spiritual director, and BioSpiritual Focusing facilitator. She is the author of *Ordinary Awakenings* and her most recent book, *Pause, Ponder and Pray*. She is a graduate of Mercy Center's School of Spirituality and Spiritual Direction Practicum.



## Adele Mary Caruso

### About Adele

Adele Mary Caruso is a health and transformational coach, a graduate of the Institute for Integrative Nutrition in New York, board certified by the American Association of Drugless Practitioners, and involved in natural healing for over 20 years. Adele is also TV Producer & Host of *Create Your Health, Piece by Peace*.

### Directions to Our Lady of Calvary Retreat Center

Traveling on Route 84 either east or west, take Exit 39 and follow straight along onto Rte .4 West to Farmington Center. Turn left onto Rte. 10 (Main Street). Follow Main Street, through traffic light and pass the United Church of Christ on the left-hand side. Colton Street is the second left after the church. The retreat center driveway is 2/10 mile up Colton Street on the left.

# How to Register

Please complete a separate registration form for each program (see reverse). Each retreatant should submit her own form. We accept registrations on a first-come, first served basis; many of our programs fill quickly, and you are urged to register as far in advance as possible. Confirmation of your registration will be sent via email upon request.

### Rooms

Please indicate room choice preference, but be aware that there are limited number of multi-bed rooms available.

### Dietary Needs

Some reasonable accommodations may be made regarding food for medically prescribed diet or allergic reasons. Please call OLC to see if your request can be accommodated. While we respect individual food choices and diets, only medically prescribed diets may be accommodated.

### Physical Environment

There is limited and reasonable access to OLC for the differently enabled. Please call to confirm our accessibility is appropriate for you.

### Investment

The cost for the Wellness Weekend is \$285. A \$50 non-refundable deposit is required to confirm registration.

If you have registered and need to cancel, or arrange late arrival, we ask that you call us 24 hours in advance.

Partial scholarships may be available for those who cannot afford the minimum fee. Requests for scholarships should be made in writing to the Administrator, and accompanied by a completed registration form.

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Please note: OLC reserves the right to set minimum enrollments for programs. Should cancellation become necessary, deposits will be refunded.