



Our Lady of Calvary

R E T R E A T C E N T E R

Wellness Day

Saturday, January 5, 2019 @ 10:00 am - 4:00 pm

Presenters: Alecia Clendenen, Mary Hagadorn and Viviana Pinhasi



OLC's Wellness Day will make a lovely Christmas gift for a special woman in your life.

Our day will begin with a review of common women's health issues and considerations with recommendations regarding support with essential oils and supplements by Alicia Clendennin. She holds a Master's Degree in Nursing from Southern CT State University and is currently studying for her post-graduate certificate in Holistic Nursing at the University of CT.

We will enjoy a healthy and delicious lunch prepared by Chef Bill.

Mary Hagadorn, R.N. will lead an optional Move and Stretch Class early in the afternoon. You will have the opportunity to schedule a massage during this time. Mary is a licensed massage therapist and a certified personal fitness trainer. She holds a B.S. in Nursing from Fairfield University.

Our day will conclude with a tea tasting presented by Viviana Pinhasi, a certified tea sommelier. At our tea tasting in you will not only sample delicious tea but learn the basics of tea; what makes white tea different from black or green tea and how to properly brew tea and tisanes.

Viviana will explain the health benefits of tea, how to pair food with tea and even how to cook with tea.

REGISTRATION FORM

Wellness Day

Saturday, January 5, 2019

Program - \$50

Name

Address

City State Zip

Phone Email

PAYMENT MUST BE MADE AT TIME OF REGISTRATION. PLEASE HELP US PLAN BY REGISTERING AT LEAST ONE WEEK BEFORE THE PROGRAM.

My \$50 offering for the program is enclosed.

Mail reservation and offering to: **Our Lady of Calvary Retreat Center**

31 Colton Street • Farmington, CT 06032

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