



Our Lady of Calvary

RETREAT CENTER

Laugh Away Your Winter Blues

February 20, 2019 @ 9:00 am - 1:30 pm

Presenter: Marie DiBenedetto



The holidays are over and the days are dark and cold. Chase away those winter blues with laughter and maybe an attitude adjustment. Laughter reduces stress and overrides other emotions in the moment. Why carry that stress? We can raise our serotone levels and feel better.

Includes lunch.

Marie Dibenedetto is a former retreat team member here at OLC. She is also a Passionist Associate, a member of the OLC Board and a retired nurse.

This program includes lunch.

REGISTRATION FORM

Laugh Away Your Winter Blues

Wednesday, February 20, 2019

Program - \$30

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 \$30 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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