



Our Lady of Calvary

RETREAT CENTER

Chase Away Your Winter Blues

February 15, 2023 @ 10:00 am - 1:30 pm \$40



Winter Blues are very common.

Spend a morning with Marie Di Benedetto and learn how you can beat the blues with laughter and maybe an attitude adjustment. Laughter reduces stress and helps us override other emotions. It is hard to be sad while you are laughing! So why be sad when we can learn simple techniques that can help us raise our serotonin levels and feel better?

This program includes lunch.

Marie Di Benedetto is a former retreat team member here at OLC. She is also a Passionist Associate and a retired nurse.

Registration Form

Name _____

Address _____

City,State/Zip _____

Phone _____

Email _____

Program Name and Date _____

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

My \$40 offering is enclosed

Mail reservation and offering to **Our Lady of Calvary Retreat Center**
31 Colton Street, Farmington, CT 06032

Register online at www.OurLadyofCalvary.net