



Our Lady of Calvary

RETREAT CENTER

Wellness Day

January 7, 2023 @ 10:00 am - 4:00 pm \$80



OLC's Annual Wellness Day is back in 2023!

Join us for a day of workshops, activities, and a delicious lunch that will help you to reset after the holidays and start the New Year in a healthy and relaxed way.

This day makes a perfect Christmas gift. Mothers and daughters, friends and classmates often arrange to attend this day together.

Morning Workshop: Positive Ways to Improve Your Immunity with Mary Hagadorn
Our immune system is designed to fight off threats to our bodies and keep us healthy. We will cover specific foods, exercise, stress reduction methods, and positive activities that improve our immunity.

Afternoon Workshop: Dance Movement to the Prayer of Saint Francis with Karen Rossignal

Finally, we will get creative, while enjoying a delicious cup of tea, with a project that will remind us to take good care of ourselves in the New Year.

Mary Hagadorn holds a B.S. from Fairfield University and is a Registered Nurse. She is currently a Massage therapist and Personal fitness trainer at Farmington Farms Tennis and Athletic Club.

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 \$80 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