



ANNE KERTZ KERNION PRESENTS
WOMEN'S RETREAT
TO NOURISH MIND, BODY, & SOUL

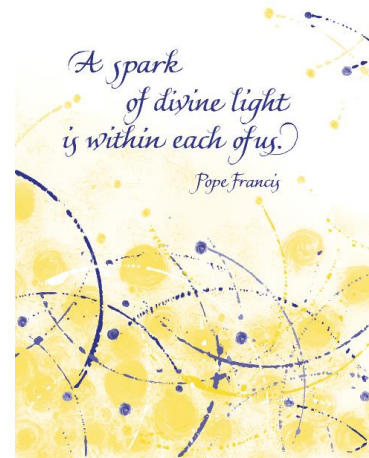
SATURDAY, MARCH 2ND

9:00 AM – 2:30 PM

***LUNCH INCLUDED**

BROWN MCCARTHY AUDITORIUM
FEE \$20 (CAN BE PAID AT THE DOOR)

[CLICK HERE TO REGISTER](#)



During our retreat, we'll explore several spiritual practices that affect our physical and emotional health in a variety of ways. (Christian Meditation/Silent Prayer and Mindfulness, Gratitude, Compassion, and Relationships/Community) Through a multimedia presentation, we'll touch upon recent findings in neuroscience and positive psychology, showing how these five distinct spiritual practices can slow aging in our cells, keep our brains healthy and nimble, reduce stress, and bring more health, happiness and compassion into our lives. We will take time to engage in a few of the practices during our time together, allowing participants to experience some of the benefits.