

You are invited to join us and bring a friend to

## ***Revitalize, Refresh, and Renew***

### ***Women's Retreat***

**Saturday, May 27 2023**

**9 am to 4 pm at the Ayr Curling Club**



#### ***Let God revitalize you:***

- ♦ *Listen to inspirational speakers Rev Sarah Grady & Rev Gail Fricker*
- *Enjoy a light breakfast and delicious sandwich/salad lunch*
- *Fellowship and small group discussions with friends*
- *Creative rock painting therapy*
- *Gentle physical movement (walking and chair yoga)*



**Registration is \$60.**

Payment can be made by etransfer to  
[janetmillward1@gmail.com](mailto:janetmillward1@gmail.com) or cash

Yes, I will attend! Registration Information:

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Food allergies: \_\_\_\_\_

**RSVP by May 19 with the above info to  
[glenyce.maus@gmail.com](mailto:glenyce.maus@gmail.com)**



**This event is hosted by  
CrossWalk.**

**For more information contact:**

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Glenyce 519-588-5172  
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