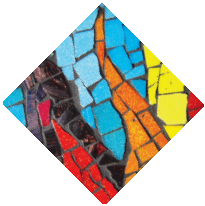


The Blessings & Challenges of Women in Mid-Life



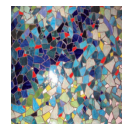
Wednesday, September 21 or February 29
8:30 am — 4:30 pm
Continental Breakfast & Lunch included in the \$50 cost

As a woman, you care for individuals in all phases of life. Mid-Life can be one of the most exciting and yet most challenging times for any woman. Come and explore the impact of life transitions on women in middle adulthood. Discover holistic approaches to support and educate women, so you can meet the challenges and discover your gifts in the process.



Register Today ~ The Blessings & Challenges of Women in Mid-Life

You may register by: detaching this panel and returning it to the retreat center with your full payment of \$50.00; on-line registration; or by calling (313) 286-2802.



I will attend the seminar on: Wed., September 21, 2011 Wed., February 29, 2012

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number: (_____) _____ E-mail: _____

Amount Enclosed: \$ _____ Or charge the amount of \$ _____ to: Visa MasterCard AmEx Discover

Credit Card # _____ Exp. Date _____ Signature _____

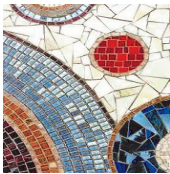
St. Paul of the Cross Passionist Retreat & Conference Center ✧ 23333 Schoolcraft ✧ Detroit, MI 48223-2405
313.286.2802 ✧ www.passionist.org/stpauls ✧ msansotta@passionist.org

About the Speakers



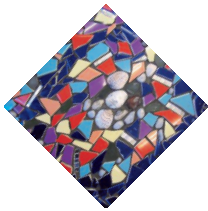
Bernadette Beach, RN, MSN

Energetic, enthusiastic and hopeful are the words that best describe Bernie. Bernie is devoted to training, educating and supporting healthcare professionals, in a holistic approach to stress management. Her many years within the healthcare system, and now as a certified stress management educator, make her an excellent presenter in this topic.



Kathleen Neuman, RN, BSN, MSN

Kathy worked as a Nurse Practitioner in psychiatry until early 2006, when she felt the prompting to focus her professional energies in the area of primary prevention through stress management education. Since 1994, she has served as clinical faculty in psychiatric nursing at Madonna University, where she continues to teach. Kathy is a member of the Holistic Nurses Association and is a certified LaughterYoga™ leader.



Janene Ternes, BS

Commissioned Spiritual Director and founder of Prayer in Motion, LLC, Janene has developed and presented a variety of workshops and individualized programs which teach and inspire holistic forms of prayer for people of all ages. Her goal is to help others find and achieve their own inner connection with God, leading to a more loving, peaceful, joyful and fulfilled life.

Program:

8:30am-8:55am	Registration & Continental Breakfast
8:55am-10:00am	Menopause: I Thought It Was a Musical
10:00am-10:10am	Break
10:10am-11:10am	The Sandwich Generation
11:10am-11:20am	Break
11:20am-12:20pm	Thought Attacks: Don't believe Everything You Think
12:20-1:15pm	Lunch & Gift Shop Open
1:15pm-2:15pm	Laughter: The Best Medicine
2:15pm-2:25pm	Break
2:25pm-4:15pm	Praying with Body, Mind & Spirit: A Holistic Approach to Embracing Transitions
4:15pm-4:30pm	Wrap up and Evaluation