



Grace Presbyterian Church



Women's Half-Day Retreat 2019

You've heard the saying make *Lemonade Out of Lemons*. On March 2nd, at Grace Presbyterian Church in the Fellowship Hall, we will explore it and upcycling (taking something old and repurposing it). This will be a half-day retreat with laughter, fellowship and great food. You will even have the opportunity to attend a balance class and/or gentle yoga class beforehand.

*March 2nd: Balance Class 8:30 AM – 9:20 AM
Gentle Yoga: 9:30 AM- 10:30 AM
Retreat Check In: 11:00 AM*

Register today on our first ever fillable pdf form! Please complete this form and return it to the registration table in the narthex or email it to Valerie McLaughlin at valdraft@aol.com or valdraft@gmail.com by Sunday, February 24, 2019.

Name:

Phone:

Email:

Fee for Food and Activities: \$10.00. Balance and Yoga classes are complimentary but we would like to know if you plan to attend.

Balance Class Yes No
Nothing required except yourself

Gentle Yoga Class Yes No
Yoga mat or blanket required

Do you have any dietary restrictions and, if so, what are they?

The only things you need to bring are a pen, an old adult size solid T-shirt and any ideas you might have for upcycling to the retreat and, of course, yourself!

For any questions about the retreat please contact Valerie McLaughlin at valdraft@aol.com or valdraft@gmail.com or 256-837-8108.