



Living Well with Living Compass

A Mini Wellness Retreat

Followed by Parents Meeting & Small Group Leader Training

Saturday, October 19, 2013

Mini Retreat: 9:00 am - Noon • Parents Meeting: Noon – 1:00 pm

Small Group Leader Training: 1:00 – 3:00 pm

Sponsored by

The St. Alban's Health Ministry

885 Shore Road
Cape Elizabeth, Maine 04107
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For more information, contact:

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or

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No Charge

Bring a Brown Bag Lunch
Dessert Provided



At the Mini Retreat, you can expect to...

- Have fun and be inspired
- Take a self-assessment that will reveal your current state of life balance and wellness.
- Explore the deeper connection between spirituality and wellness using a new holistic approach.
- Share with others only what you feel comfortable sharing.
- Experience a sense of renewal and energy.
- Leave with your own wellness "map" to help you succeed in taking the next steps toward greater balance and wellness.

At the Parents' Meeting, you can expect to...

- Promoting balance in kids' lives and getting tips for enhancing balance in your own.

At the Group Leader Training, you can expect to...

- Learn how to offer the Living Compass Faith and Wellness Adult Education and Small Group Coaching Programs.
- Leave equipped to lead small groups as part of this wellness ministry.