



# *Woman's Wellness Retreat*

**Happening - November 2, 3 & 4, 2022**

- The first 20 women to register will attend •
- Must be willing to share a room with another person •
- Must be 19 to attend • No children •
- This is a Drug & Alcohol free event •

## *Agenda*

- Morning spent with facilitator •
- Afternoon is spa time and breakout groups •

Transportation available,  
2 Breakfast, 2 Lunches & 1 Dinner provided,  
Gifts for the participant.

*A good time to reflect, rejuvenate, relax and have fun*

**Please call the Shelter @ 519-797-2521 to Register**

