

Name: _____ (for Credit Card, name as it appears on the card)

Street/City/State/Zip: _____

Telephone: (____) _____ Parish/Affiliation: _____

E-mail Address: _____ \$100.00 p/p Check Enclosed:\$ _____ Check # _____

Credit Card Payment: Visa/ MasterCard/Discover # _____ Exp. Date: _____

SPECIAL NEEDS: Physical _____ Dietary: _____

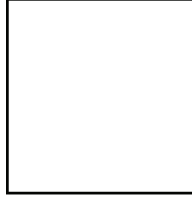
Please complete the reservation form and mail it along with your deposit to: Loyola Retreat House, 700 Killinger Road, Clinton OH 44216-9653.
For more information call (330) 896-2315 or e-mail loyolaretreat@aol.com. Thank You!
Website: loyolaretreathouse.com

FOR OFFICE USE ONLY: Authorization # _____ Confirmed: _____



700 Killinger Road
Clinton, OH 44216-9653

~Return Service Requested~



"Come Away to the Quiet..."



"Come Away to the Quiet..."

Abundant Life

Care for the body, mind, and spirit™

Women's
Wellness Retreat

May 11-12, 2012

I came that you might
have life and have it
more abundantly.

—John 10:10

Co-Sponsored by
Catholic Community Connection and
Loyola Retreat House, Inc.
700 Killinger Road
Clinton, OH 44216
(located in the City of Green)
Website: loyolaretreathouse.com

Abundant Life

Women's Wellness Retreat

May 11-12, 2012

The Presenters

ANTOINETTE HORN, MBA, LNHA

PAMELA MAIDENS, BA, MA, CPM

CATHOLIC

COMMUNITY CONNECTION

Cleveland, Ohio

ANTOINETTE HORN is Vice President of Operations for Catholic Community Connection and facilitates collaborative work among healthcare professions, the research community and academia. She is a certified instructor in integral Tai Chi and Qigong. Her passion is whole person wellness, and she enjoys helping people to practice good habits that lead to full meaningful lives.



PAMELA MAIDENS is Director of Mission Education and Spiritual Development for Catholic Community Connection and is a Lay Ecclesial Minister, and she develops and teaches formative programs. Pamela earned degrees in Journalism, Theology, and Ministry, Advanced Certification in Pastor Ministry, and National Certification in the Sacred Art of Living and Dying. She treasures her faith, family, friends and warm sunny vacations.



For more information, visit
www.AbundantLifeEducation.com

COME AND EXPERIENCE: Improved well-being, an understanding of the body, mind and spirit connection, good communication skills and healthy relationships, better care of self and others, more helpful responses to family, friends and co-workers, greater actualization of one's mission and purpose, and a fuller, more meaningful life!

"Come Away to the Quiet" of Loyola Retreat House—join us in exploring these connections and learn new ways to live life to the fullest. Enjoy the beautiful grounds, the woods, and the gardens.

**VIGIL MASS will be
Celebrated on Saturday at 5:30P**

ABUNDANT LIFE . . . ONE DAY AT A TIME

Because every person is an inseparable unity of body, mind, and spirit, our well-being depends upon more than physical care. When we understand and appreciate our self as a whole person, we understand and appreciate others this way as well.

During these moments of wellness, wholeness, and holiness, we will:

- Take time to learn, laugh, love, and live life abundantly.
- Honor our self in relationship with God and others.
- Be present, positive, and pleasantly productive.
- Enjoy a vibrant spirit, good communication and healthier relationships.
- Learn practices that help us to experience wellness, wholeness and holiness!

ARRIVAL Friday — 5:30P Registration;
Dinner served at 6:00P

DEPARTURE Saturday — 7:00P
(After Dinner)

COST—\$100 per person; includes materials, overnight accommodations, three home-cooked meals and refreshments. Towels and linens are provided. A \$50 deposit is due with registration; balance due upon arrival. For more information, please contact the Retreat House (330-896-2315).

GUIDE TO LOYOLA

From Cleveland Area: Take I77 south towards Canton to Arlington Road Exit, turn right onto Arlington, proceed south to the 5300 block of Arlington, turn right onto Killinger, and go about 3/4 mile to our driveway on the left.

From Canton Area: Take I77 north towards Akron to Portage Street Exit, turn left onto Portage Street. Continue to Arlington Road, turn right. Proceed north (approximately 3 miles) to the 5300 block of Arlington, turn left onto Killinger. Our driveway is approximately 3/4 mile on the left.