

About the Presenters:



Bernadette Beach, RN, MSN

Bernadette is a trained holistic stress management educator and mindfulness meditation trainer. New strategies and tools are the focus of her conferences. Bernie has trained with Jon Kabat Zinn in mindfulness meditation, Ignatian Spirituality at Manresa Retreat Center and through the Living School of Action and Contemplations in integral spirituality.

Janene Ternes



Janene is a spiritual director and founder of Prayer in Motion, LLC. She has developed and facilitated retreats throughout the Midwest utilizing different forms of prayer. Janene's mission is to help others connect more intimately with God, leading to a more loving, peaceful, joyful, and fulfilled life. For more information visit www.prayerinmotion.com

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62460 Mt Vernon Rd
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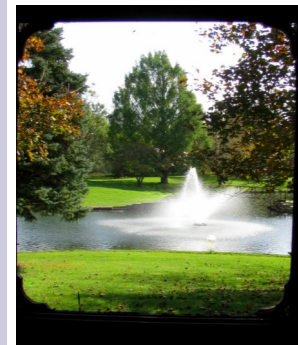
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Finding Peace from the Inside Out

Date: Thursday,
Oct 5, 2017

Time: 8:30 a.m. to
3 p.m.



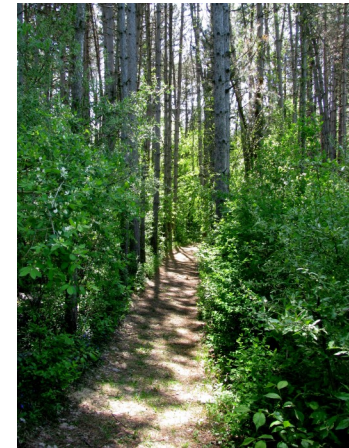
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Finding peace in the world today is essential to a healthy life. Health is more than just the absence of disease. Every aspect of our physical, mental, emotional, and spiritual lives contributes to our well-being. Through a series of talks, activities and prayer experiences we will explore positive mental habits, energy, enthusiasm for life, resilience, and inner peace. This holistic retreat will provide tools to guide you on this journey and open your hearts to new ways of finding peace. Come as your are, leave more focused, compassionate, grateful, peaceful, and less stressed.

Schedule:

8:30 a.m. Registration and Coffee
9:00 Understanding Stress, creating peace
10:30 Values and our legacy
12:00 Lunch
1:00 p.m. Growing Compassion
2:00 The Gift of Gratitude



Suggested donation for the entire program is \$50.

To register call 248 651-4826, or you may register on-line at www.capretreat.org.

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