

Women of Wisdom presents

Sacred Rest

Learn about our need for different kinds of rest - physical, mental, social, emotional, spiritual, sensory and creative - and how to nurture them. Based on the book, Sacred Rest, by Sandra Dalton-Smith, MD

Join us on

Saturday, August 10th

Time:

9:30 a.m. for refreshment & conversation

10:00 a.m. for the program

Location:

PCAC, 774 N. Sheldon Road,
Plymouth

Facilitator: Anne Marie Brady

Hospitality: Mickey Eldridge

Leadership: Georgia Monroe

