

Rowing North with Kathy Ryan



Navigating Life's Next Chapter with Joy & Purpose

Tuesday, October 14th 2025

9:30am-12:30pm

Inspired by the book, *Women Rowing North*, by Mary Pipher, this retreat is a celebration of transitioning from middle age with purpose, courage and resilience.

You'll learn to reframe aging as a season of opportunity, not decline.

This is an invitation to reclaim your power and to rewrite your story. You'll discover practical "travel skills" for the years ahead - nurturing mind and body and finding joy in life's simplest pleasures.

Through guided reflections and heartfelt sharing, you'll move into this next chapter of your life with more confidence and grace.

Cost \$50 To Register: 516.627.9255 www.olgretreat.com

Our Lady of Grace Spiritual Center
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