

# FALL WELLNESS RETREAT FOR MOMS

*with*

*Valerie Dinglas-Jafrate*

**A Day of Presence,  
Self-Love & Gentle Renewal**



**SATURDAY, NOVEMBER 15TH**

**10:00am-3:00pm    lunch included**

It's easy to lose sight of your own well-being when you're busy taking care of everyone else. If you've been feeling stretched too thin, overwhelmed, or simply in need of quiet, this retreat offers you the sacred time to pause, breathe, and receive.

As the seasons shift and the holidays approach, give yourself the gift of self-love where you can fill your own cup.

You'll be lovingly guided through a day of gentle meditation, reflection, mindful movement, peaceful connections, and soul-nourishing rest.

**Cost \$88**

**To Register:**

**[www.olgretreat.com](http://www.olgretreat.com)**

**516-627-9255**

**Our Lady of Grace Spiritual Center**  
**29 Shelter Rock Road Manhasset, NY 11030**

*A sponsored institution of the Congregation of the Sisters, Servants of the Immaculate Heart of Mary*