

When was the last time you spent time on **YOU?**

**Time** to re-energize, rejuvenate, refresh **your body, mind, and spirit? Meet new friends?**

**Give yourself permission to attend this program on the beautiful grounds and facility at the Mercy Retreat Center:**



**A MS Women's  
Wellness Program**

Date: **March 10, 2018**

Time: 9am-4pm

Place: Mercy Center, 2039 N Geyer Rd, St. Louis, MO 63131

**Agenda:**

9:00am Doors open

9:15am Welcome

9:30am Nutrition video presentation and table discussion with Liz Hatchard

10:30am Snack break

11am Yoga with Mary Olson

12noon Lunch

1:00-2:00pm Mindfulness meditation with Kristy Arbon

2:15-3:45pm Art expression with Susie McGaughey

3:50 Evaluations and close

\*walk Labyrinth outside if desired at lunch or morning break

**A look at the sessions:**

**Healthy diet discussion with Liz:** This session will include a video about Diet and MS from the National MS Society, then table discussion and sharing about topics such as Vitamin D, improving your diet, weight control, meal prep, ideas around "MS Diet".

**Yoga with Mary:** This session will introduce the practice of yoga which can provide tools to help manage everyday tasks that include balancing, strengthening and alignment and core strength as well as help you relax.

**Mindfulness with Kristy:** Self-compassion is a wonderful tool for allowing us to notice what is going on in our body and to address our stress with kindness. Self-compassion is being our own best friend in ways that allow us to turn toward our distress at any time, and offer ourselves the soothing and comfort we need in any moment. Anyone can learn self-compassion, even those who did not receive much compassion as children. During this session we will learn what self-compassion is and we'll practice a simple, portable mindfulness-based practice we can use to take care of ourselves in times of stress.

**Healing Circles with Susie:** Using watercolors, colored pencils, oil pastels and your creative spirit (yes, you have one!), you will create "healing circles" to focus on what brings hope and healing into your life.