

HEALTH & WELLNESS DAY

For All Hamilton Conference Ministry Personnel

Sponsored by the Hamilton Conference Pastoral Care Team



THURSDAY, NOVEMBER 2, 2017

9:30 a.m. - 3:30 p.m.

@Five Oaks 1 Bethel Rd, Paris ON

**Opening & Closing Worship led by
Conference President Heather Leffler**

**Registration & Sign-up for activities: 9:30 a.m.
COST: \$40 includes lunch (payable by cheque)**

Activities for the day will include these and more:

***Walking, Singing, Drum Circle, Spiritual Practices & the Labyrinth, Resources
of our Benefit Packages, Creative Expression, Sacred Fire.***

(Dress according to the weather for outdoor choices)

REGISTRATION DUE BY OCTOBER 21, 2017

Email Ruthanna Mack to register at: ramack@hamconf.org



Please indicate any dietary restrictions.

Please make payable to Hamilton Conference and send to:
Health & Wellness Day, P.O. Box 100, Carlisle L0R 1H0, Attention: Ruthanna Mack.

****Overnight accommodation is available for the night of November 1st at Five Oaks.
\$60 for bed. To book, please contact Five Oaks directly at 519-442-3212.**