

COH Spring Retreat

Join us on Saturday April 21, 2018 at St. Bart's Episcopal Church in Pewaukee for a restorative day with Phil Chard, a nationally recognized columnist, motivational speaker and psychotherapist. He has been a guest expert on ABC's Program 20/20 and writes a weekly column for the Milwaukee Journal Sentinel entitled "Out of my Mind." Locally Phil Chard is the CEO and president of Empathia a subsidiary of ProHealth Medical Group that cares for the physical, emotional and financial concerns of employees. Phil will present three sessions that will focus rejuvenating the spiritual, emotional and mental wellbeing of the caregiver. His topics will include spiritual healing thru:

1. Nature's Ways: Emotional Healing and Spiritual Growth Through Nature Interaction
2. Mindfulness: The Art and Science of Well-Being
3. Resilience: Bouncing Back When Life Knocks You Down

Our day will start at 8:30 with registration and a light breakfast and we will conclude about 1:45. A soup and salad lunch will be served. A donation of \$10.00 is suggested. Please call St. Bart's office (262) 691-0836 to make a reservation. I think that this retreat will fill up fast. Any question please e-mail me at hart51@hotmail.com.

Looking forward to this event!!

Joan Hart