



# MOVEMENT TOWARD RECOVERY

Mental health retreat day of prayer and reflection

Saturday, March 10, 2012

10 am – 4 pm

Our Lady of the Pines Retreat Center  
1250 Tiffin Street, Fremont, OH 43420

The day will include sessions of creative movement designed to promote and nurture mental and physical health, wholeness, and personal fulfillment. The retreat will aid in the exploration and experience of self-discovery and self-expression—the externalization of interior emotional and psychological issues. No dance training is needed to participate. If you can move, you can *dance* into wholeness.

**The Retreat Leaders are Kathryn Mihelick and Andrea Shearer, Directors of Leaven Dance Company, a professional sacred dance ensemble.**

**Connecting:**

**Your Mind – What you think**

**Your Body – What you feel**

**Your Spirit – Who you are**

Retreat Cost: \$15 - includes lunch. Scholarships and special needs accommodations available upon request. To register contact Marsha Rivas, Equal Access Ministries, 419.244.6711 or 800.926.8277 or [mrivas@toledodiocese.org](mailto:mrivas@toledodiocese.org)

Sponsored by the Diocese of Toledo, Equal Access Ministries, Pines Partners and the Ursuline Sisters of Brown County.