

Come learn about
MINDFUL EATING via
Prayer, Meditation, Discussion and FREE Healthy Snacks!

ONE-DAY RETREAT

Mindful Eating

Saturday, January 17, 2015

9:30 a.m. to 3:00 p.m.

FREE!!!!

at

St. Francis Episcopal Church
11430 Fair Oaks Boulevard
Fair Oaks, CA 95628

The [Capital Deanery](#) of [The Episcopal Diocese of Northern California](#) and [Diocesan Partners in Ministries of Health](#) INVITE YOU to sample a taste of the Living Compass Health and Wellness Program.

Living Compass, created by the Rev. Scott Stoner and Holly Stoner, an Episcopal priest/therapist and therapist/teacher couple, has helped thousands of people to improve their health and wellness.

To learn more, please visit www.livingcompass.org

At this ONE-DAY Retreat you will be encouraged to:

- Invite God to Help You with Your Goals
- “Eat Better” or “Eat Healthily”
- Learn to Savor the Flavors Without Guilt!

***Please bring your own lunch. Snacks and water will be provided.
And please bring a friend!**

Co-Leaders: Susan Wahlstrom, RN; the Rev. Aileen Aidnik, RN and the Rev. Anne McKeever

For questions, please contact the Rev. Anne
via phone at 530-908-3616 or via email at amckeever@wavecable.com