



ST. GEORGE ORTHODOX CHURCH
FALL RETREAT

CARING FOR HEALTH IN A SPIRITUALLY MINDED MANNER



with Rita Madden
MPH, RDN

Author of *Food Faith and Fasting: A Sacred Journey to Better Health*

- **September 10, 6:30** - A Healthy Dose of Stress Management
- **September 11, 10:45am** Eating in an Attentive Manner
- **September 12, 12:30pm** - The Treasure of Fasting and One-on-One Sessions

Retreat is free of charge, but donations are accepted.

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Retreat Schedule

- September 10 - A Healthy Dose of Stress Management
 - 6:30pm - Prayer
 - 6:45pm - Session 1
 - 7:45pm - Session 2
 - 8:45pm - Little Compline
- September 11 - Eating in an Attentive Manner
 - 10:45am - Akathist and Fellowship
 - 11:30am - Session 1
 - 12:45pm - Lunch
 - 1:30pm - Session 2
 - 3:00pm - Session 3
 - 4:30pm - Vespers
- September 12 (during coffee hour) - The Treasure of Fasting
 - one-on-one sessions with Rita will also be available after her final presentation for those who would like to ask her specific questions

