

# ***Dance to Your Inner Voice***

## ***Colborne Street United Women's Retreat***



***You are invited to a weekend of laughs and relaxation.***

***Friday September 27<sup>th</sup> to Sunday 29<sup>th</sup> 2019***

***Sing-song and movement with Eva Bettger will lead us into the weekend.***

***Saturday Morning Speaker is Lynda Phillips, Owner of Lyn-Dys Health Food.***

***She will be sharing her journey and knowledge of healthy choices for life including chemical free items and organic products to help create a sustainable way of life and take part in healing the planet.***

***Saturday Afternoon Inner Spirit craft time.***

***Sunday Worship with Diane Macpherson***

***Application forms are available in the office or during coffee hour on Sundays.***