



RE-TREAT YOURSELF

FEBRUARY 10, 2018

9:00am – 3:00pm
St Mary's Parish Center

Come join the MOMS Ministry for a day of grace. Guest speakers and activities will help women explore their spirituality and encounter Jesus as they are reminded to care for themselves before attempting to care for others.

Included topics:

- Mental Wellness
- Wellness for Women
- Spirituality for Women

A morning snack and lunch are included.

First Annual Woman's Conference

Take time for yourself
to refuel yourself
spiritually!

Sponsored by the
MOMS ministry – but
the conference is
open to all women
of the parish!

For more
information, call:
(402) 297-0544

MOMS MINISTRY
ST. MARY'S CHURCH
811 W. 23rd Ave.
Bellevue, NE 68005

(402) 291-1350

