

Women of Wisdom

presents

Finding Your Way Back to Peace: Simple Practices to Calm Your Body and Quiet Your Mind

**What if peace isn't something you have
to find, but something you can return to?**

Join us as we explore simple, effective
practices that can help you feel more
confident, focused and
at ease in daily life.

Saturday, August 8th

**Refreshments at 9:30 AM
Presentation 10 AM–12 PM**

**Facilitated by:
Colleen Kilpatrick**

**Hospitality:
Mickey Eldridge**

**Leadership:
Nancy Langeneckert**

Friends of Unity

