



# Nourishing Space

**Exploring Grief & Lament with God**

**Saturday, March 6**

**9:30 AM-12:15 PM**

**Mindful Movement &  
Spiritual Reflection Practice**

**\$55\* per person**

*\*includes snack and drink plus workshops*

*\*\*Scholarships available*

**Register  
here!**



**The Center**

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**Upcoming Workshops:**

**June: Self Care and Emotional Health**