

Sept 14, 2024

9am - 4pm



3264 Clear Creek Road  
Pulaski, TN

*Reserve your spot*  
(Limit of 25 participants)

RSVP by September 7

Cost: \$25 due at registration  
(meals, materials, workshop)

Information & Registration:  
[StillWatersCC.org/retreat](http://StillWatersCC.org/retreat)



## The Presenters

**TRACY COLLOM**  
FRANKLIN, TN

**BRIAN DEKUIPER**  
STRONG TOWER NEURO  
LYNNVILLE/COLUMBIA

**LISA MARIE REEDMAN**  
MASSAGE & WELLNESS  
GRACEVILLE, AL

*Attire:  
comfortable*



WON  
DER  
FULLY  
MADE  
PSALMS 139:14

*Self Care  
Retreat*

# The Day

- 8:30 Check-in & breakfast
- 9:00 Introductions, schedule, worship music
- 9:30 SESSION 1
- 10:15 Break/snack
- 10:30 Field Picnic
  - nature, grounding
  - team scavenger hunt
  - bento box LUNCH
- 12:30 Return
  - Cyanotype Sun print
- 1:15 SESSION 2
- 2:00 Break/Snack
- 2:15 Activity
- 2:45 SESSION 3
- 3:30 Wrap up, Q&A, Takeaways
- 4:00 Dismissal

# Psalms 139:14

Celebrate your unique journey and embrace the truth that you are fearfully and wonderfully made. The timeless wisdom of Psalm 139:14 empowers and inspires women of their boundless potential to be whole and healthy physically, emotionally and spiritually.



*For it was you who created my inward parts; you knitted me together in my mothers womb. I will praise you because I have been remarkably and wonderfully made. Your works are wondrous and I know this very well.*

Psalms 139:13-14

*Now may the God of peace himself sanctify you completely. And may your whole spirit, soul, and body be kept sound and blameless at the coming of our Lord Jesus Christ.*

1 Thessalonians 5:23

# The Takeaways

## YOUR JOURNEY OF SELF CARE

- Today is a self care day! Focus on your wholeness today and experience joy and balance.
- Learn ways to create a more fulfilled life with God at the center.
- Get guidance on how to start a better self-care practice.
- Make connections and friendships to support you on your journey.

## THE POWER OF BEING CONNECTED

The power of prayer, meditation, letting go of the past, positive affirmations and breathwork to keep your body, mind, and soul connected.

## FOOD, FUN, FELLOWSHIP

Our day will be full...and so will your heart!

