

A nurturing time-out for crazy busy, stressed-out women.



Is a higher level of stress your new normal?

We know what stress feels like – but do you know that it depletes your immune system, decreases your energy, causes generalized pain, and many more chronic conditions? Learn simple techniques that increase your resilience and help you become happier, healthier, and calmer in the everyday storms.

Join us for fun, laughter, learning, and a renewed sense of inner peace.

Saturday, November 2nd

10am -3pm

Moonshine Retreat Center

1317 Jurdy Rd, Eagan, MN, 55121

Link to Map: <http://mapq.st/1e0m2bU>

Seating is limited.

Reserve your spot before 10/25.

\$75* advance payment.

(Includes lunch)

*Save \$5: register with a friend

Annmarie Tenhoff

651 308-2145

annmarie@wellinspiredllc.com



Call or email for registration details.