

# Working Women's Wellness Day

Saturday, November 9, 2019 – 9 am to 3 pm  
Saint Mary by-the-Sea Retreat House  
Cape May Point, NJ 08212

Day will include continental breakfast and a delicious lunch!  
And the following workshops for your choice:



Tai Chi  
Music and Movement  
Essential Oils  
Yoga  
Natural Facial Care  
*Color Me Beautiful*  
Chair Massage (\$15 for 20 minutes)



Cost: \$50

Limit: 20 persons

Please download reservation form at [www.stmarybythesea.org](http://www.stmarybythesea.org)

*Mail with check to:*

Saint Mary by-the-Sea Retreat House  
PO Box 382 - 101 Lehigh Avenue  
Cape May Point, NJ 08251



**Saint Mary by-the-Sea Retreat house, for safety reasons, cannot accommodate persons (presenters and/or attendees) who use wheelchairs, walkers, or mobility aids such as scooters and other power-driven mobility devices. This applies to all retreats, daily and weekly programs and weekend events.**



## Registration form for **WORKING WOMEN'S WELLNESS DAY**

*Please send a separate form for each person*

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

### List of workshops:

Tai Chi  
Music and Movement  
Essential Oils  
Yoga  
Natural Facial Care  
*Color Me Beautiful*  
Chair Massage

### Your preferences: *We will honor as far as possible*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Send this form with your check (\$50) to: *Do **not** include massage cost*

Make checks payable to: *Sisters of Saint Joseph*

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Retreat Day for Women  
PO Box 382 - 101 Lehigh Avenue  
Cape May Point, NJ 08212



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