

OLDER ADULT RETREAT: SOULS IN MOTION OCTOBER 26-28, 2010

Come and experience ways to combine the physical and spiritual aspect of our lives. We will explore various methods and styles of incorporating prayer, worship, song and exercise together to help find balance and wellness in everyday living.



The cost of the retreat is \$75.00 a person for a triple and \$100 for a double in Scott Lodge. The price includes two nights of lodging, 7 meals, snacks, workshops and other activities. (A limited number of scholarships are available)

Transportation is \$20.00 a person. For more information or to register, please contact Darlene at Crestfield Camp and Conference Center 724-794-4022. Bring casual, loose fitting clothes in order to take full advantage of the workshop activities.



The leader is Dr Cindy McClung who is the Chaplain at Friendship Village of South Hills Retirement Community and the Stated Supply Pastor at Hoboken Presbyterian Church, Blawnox, PA. Cindy is also a Sign Chi Do facilitator.

OLDER ADULT RETREAT: SOULS IN MOTION OCTOBER 26-28, 2010

Come and experience ways to combine the physical and spiritual aspect of our lives. We will explore various methods and styles of incorporating prayer, worship, song and exercise together to help find balance and wellness in everyday living.



The cost of the retreat is \$75.00 a person for a triple and \$100 for a double in Scott Lodge. The price includes two nights of lodging, 7 meals, snacks, workshops and other activities. (A limited number of scholarships are available)

Transportation is \$20.00 a person. For more information or to register, please contact Darlene at Crestfield Camp and Conference Center 724-794-4022. Bring casual, loose fitting clothes in order to take full advantage of the workshop activities.



The leader is Dr Cindy McClung who is the Chaplain at Friendship Village of South Hills Retirement Community and the Stated Supply Pastor at Hoboken Presbyterian Church, Blawnox, PA. Cindy is also a Sign Chi Do facilitator.