



Mind-Body-Spirit Annual Retreat



A DAY RETREAT EXCLUSIVELY FOR COMPASS FRIENDS AND CLUB 95 FOLKS

- WHEN:** Tuesday, September 30th, 2025 - from 11:30 AM – 5:00 PM
- WHERE:** **NEW LOCATION: Via Sana 3335 W. 25th Street** – Park in P4 (see p. 2) or RTA #51-51A
- WHAT:** A chance to get away, fellowship, get a spa treatment, and stretch your body, mind, and spirit
- DETAILS:** **Only lunch** will be provided this year due to decreased funding
Dress in comfortable clothing & shoes that you can move around in easily
- COST:** \$5.00 cash only per person, all-inclusive
Financial assistance is available for those truly in need.
Please talk with Sister Susan or Jen if you need help with payment.
No refunds after September 26th

COMPLETE AND SUBMIT TO SISTER SUSAN OR JEN McMILLEN SMITH IN PERSON WITH (CASH ONLY) PAYMENT
(Keep top portion so you have all the details 😊)

NAME: _____ PHONE #: _____

E-MAIL: _____ AGE: _____

Where do you receive medical care? _____

Tell us about any dietary needs (such as vegetarian): _____

Which spa treatment would you prefer? (Circle one): CHAIR MASSAGE REIKI CRANIO-SACRAL

Agreement: The Mind-Body-Spirit Annual Retreat is exclusively for people in this community. It is not a religious retreat, but there are spiritual elements to the day. By signing below, you agree to come with an open mind, an open heart, and a commitment to respecting each other's confidentiality.

SIGNATURE: _____

FOR OFFICE USE ONLY -----

DATE RECEIVED: _____ RECEIVED BY: _____ AMT PAID: _____