

CREATING CALM

FOR YOURSELF AND OTHERS IN A STRESS FILLED WORLD

TUESDAY, JUNE 5, 2012 FROM 9:30AM-3:30PM

“A DAY APART” LED BY JEANNE MARTIN

Retreat Leader:
Jeanne Martin

Facilitator: Jeanne F. Martin, MSW. Ed.D. MTS, retreat leader, poet and writer with over 35 years of experience in the areas of stress management and holistic health.

Calm: A sense of peace and inner

safety. How do we find this peace and calm within ourselves, and share this with others? During our day together we will explore what it means to feel peaceful even in times of stress, and ways to become calmer in our everyday lives. Participants will have opportunities to reflect on how they have remained calm in the past, what works for them now, and also the resources that come to us from our faith traditions. We will also consider how we act as peacemakers in the world in which we live.



Consider booking a massage at the end of your day apart retreat.

Call our Guest Services to make a date with calm.

Rolling Ridge

† Retreat and Conference Center

660 Great Pond Road, North Andover, MA 01845

REGISTER on line at www.rollingridge.org

or call our office at 978-682-8815

ALL MAJOR CREDIT CARDS ACCEPTED.

Email: thestaff@rollingridge.org

Early Registration: \$53 After 5/28/12: \$60

The Day Apart retreat series includes your gourmet lunch. We suggest an early arrival time of 9am for gathering, pastry, coffee & tea, prior to a 9:30 program start. Please let us know in advance should you have specific dietary needs, or desire to book a massage after your retreat. .5 CEU'S available for Clergy