

WCSM Health & Wellness Event

Monday July 29 10:30-12:30

Passionist Earth & Spirit Center  
1924 Newburg Rd

**If you have been considering this event, you can still register  
If you have a friend who might benefit from this event, you can register them.**

Some important details:

1. arrive at 10:15 to sign in and get settled
2. all activities will be indoors
3. wear comfortable clothing and bring a water bottle
4. our theme is Self Compassion
5. our guide on this 2 hr journey is Will Hunter, an engaging young man whom I had the pleasure of meeting last week to discuss our program. Will recently joined ESC and relocated to Louisville.
6. parking is close to Newburg Rd with a paved path to the "Barn" where our program will take place. If anyone needs to avoid that walk, attendees can be dropped off at the front door of the Barn.

I can provide directions on how to do that.

7. Contact me at 502-608-4441 via text or voice. I can answer questions and sign you up for this uplifting experience.

I look forward to seeing you next Monday morning!

Carol Leow  
WCSM Health & Wellness