

OUR LADY OF GRACE SPIRITUAL CENTER

A sponsored institution of the Congregation of the Sisters, Servants of the Immaculate Heart of Mary

Pain

THE ONLY WAY OUT
IS THROUGH

SATURDAY, NOVEMBER 2, 2024
10:00 A.M. - 4:00 P.M.

29 SHELTER ROCK ROAD | MANHASSET, NY 11030

PRESENTED BY: ANN SCHEHR | \$75.00 PER PERSON

The day will identify pain and the role it can have on our spiritual, emotional and physical being. We will use talks, imagery, writing and drumming to find helpful ways to express pain: Physical pain, such as loss of ability; situational pain, such as loss of a job; relational pain, such as children moving away; trauma pain or aging-related pain.

Accompanied by Pamela Carlton, Board-Certified Music Therapist.

Includes Lunch

Call (516) 627-9255 or visit www.olgretreat.com to register