

WHY COME?

As women, we're incredibly busy, and we rarely find time to experience close fellowship with each other. Enjoy opportunities to get to know other women as we spend time in large groups and small groups, laugh together, experience times of worship... and of course delight in delicious food prepared by someone else.

WHAT TO EXPECT

LODGING: Woodhouse is a beautiful retreat centre with excellent facilities. For more information about Woodhouse go to www.hiddenacres.ca.

FOOD: Meals and snacks included. We will try to accommodate special dietary needs.

FOCUS: We are often thinking about our physical health, but how often do we spend time examining our brain health? Do we even know the kinds of things that affect our brain health? What if we could learn some new skills that would improve our brain health?

In this 24-hour retreat, come spend time with other women and explore how we can all improve our brain health, and how our brain health impacts every area of our lives. Based on the biblical teaching of Dr. Carolyn Leaf, we will gain fabulous insights about how God made our brains, and will come away with practical strategies that we can use right away.



Theme verse: Romans 12:1-2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

WHEN & WHERE

Friday, May 12 to Saturday, May 13, 2017

Registration at 6:30-7:30 pm on Friday, May 12
Ends after supper on Saturday, May 13

Woodhouse at Hidden Acres Retreat Centre
New Hamburg, Ontario

COST

\$110 full retreat, incl all meals & lodging
\$75 full retreat, no overnight lodging
\$65, Saturday only, incl 3 meals

WHAT TO BRING

- Bible
- Bedding for a single bed
- Lawn chair
- Towel and toiletries

REGISTRATION DEADLINE

SUNDAY, APRIL 30. Please note that this deadline is firm. Hand in the registration form and cheque to Carol Westfall (payable to *Westheights Community Church; Women's Retreat* on memo line). Capacity is limited so register early!

QUESTIONS

Contact Kim Lester
mail@kimlester.com or phone 519-572-7101

WOMEN'S RETREAT REGISTRATION FORM

Name: _____

Email: _____

Phone: _____

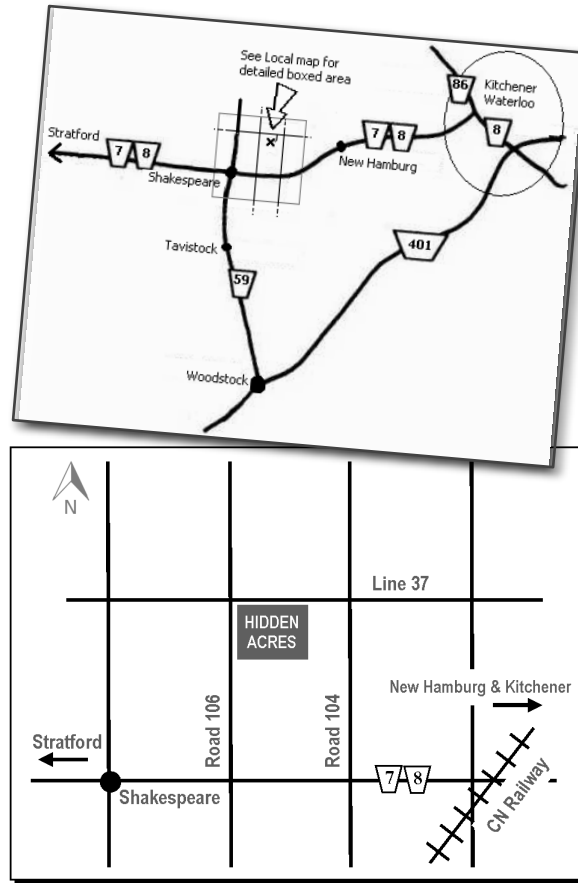
Dietary requirements: _____

Physical limitations: _____

Name one roommate preference (if you want to room with someone in particular): _____

- ☐ \$110, full retreat
- ☐ \$75, full retreat, no overnight lodging
- ☐ \$65, Saturday only, incl 3 meals
- ☐ Cheque included (payable to *Westheights Community Church*)

We look
forward to
seeing you at
the retreat!



HOW TO GET TO THE RETREAT CENTRE

From Westheights Church, go to Hwy 7/8 toward New Hamburg/Stratford. Continue past New Hamburg, turn right at Wilmot Easthope Road, then left onto 37th Line. Approx. 30 minutes.

Hidden Acres Mennonite Camp
& Retreat Centre
1921 Line 37
New Hamburg, ON
519.625.8602

Hosted by
Westheights Community Church
82 Westheights Drive
Kitchener, ON
519.74.1986
westheights.org



Mind Makeover

FROM THE INSIDE OUT

WESTHEIGHTS WOMEN'S RETREAT 2017