

“Rest and self-care
are so important.
When you take time
to replenish your spirit,
it allows you to serve
others from the overflow.
You cannot serve from
an empty vessel.”

~ Eleanor Brown

Question:
Where does self-care

B E G I N
?



God,

It's time for self-reflection. Let
me examine clearly, look closely
at myself and improve my ways.
I turn to You. May I be a better
human being in the future than I
am now.

Amen

*Do you not know that your body
is a temple of the Holy Spirit,
who is in you, whom you have
received from God? You are not
your own: you were bought at a
price. Therefore, honor God with
your body. 1 Corinthians 6:19*

The New York Conference
invites you to the

2017 Women's Fall Retreat

October 20 - 22, 2017

Watson Homestead Center, Painted Post, NY

Nathan Hamm, DC, FNP-C
Guest speaker

Dawn Basciani, DC, FNP-C
Guest speaker

Christen Adolfi
Guest speaker

... Your bodies are temples of the Holy Spirit, who
is in you, whom you have received from God. You
are not your own; you were bought with a price.
Therefore honor God with your bodies... For you
are fearfully and wonderfully made...

1 Corinthians 6:19, 20 NIV; Psalm 139:14



FIRST-AID

FOR
THE

Wonderfully

Made

For further information and registration forms
please visit our website: sdawm.org
or call Lynce Hamm at 315.391.6263
Scroll down to Fall Retreat
click on retreat banner and it will bring
you to the registration form to copy.

25 Healthy Habits to Start Today

1. Think Positive
2. Drink More Water
3. Wake Up Early
4. Go To Bed Early
5. Eat Plant Based Foods
6. Exercise Regularly
7. Practice Yoga
8. Get Outdoors, Enjoy Nature
9. Read More
10. Make To-Do Lists
11. Snack On Healthy Foods
12. Face Your Fears
13. Make a Workout Plan
14. Eat a Healthy Breakfast
15. Set Goals, Long Term and Short Term
16. Do What Makes You Happy
17. Try New Recipes
18. Stretch Before and After Exercise
19. Invest in a Good Foam Roller
20. Continuously Learn New Things
21. Don't Fear Failure
22. It's Okay to Say No
23. Be Resilient
24. Never Give Up On Your Dreams
25. Start Today

Directions

Watson Homestead, located 8 miles west of Corning.

Take Interstate 86 (State Rt. 17) to Exit 42 at Coopers Plains. Follow signs from the exit to Watson Homestead. Drive nearly 3 miles on County Rd 26, Meads Creek Rd, to entrance. (Watson Homestead with sign at corner). Turn right and follow signs to Main Lodge for registration.
Contact # 1.607.962.0541

** From New York metropolitan area: travel W on I-86 (NY State Route 17) to Exit 42 (Coopers Plains). Then follow directions above.

** From PA & South: travel N on St Route 15N from Harrisburg to I-86W (NY State Route 17) at Painted Post. Take I-86W to Exit 42 and follow directions above.

** From Jamestown & West: travel E on I-86 (NY State Route 17) to Exit 42 and follow directions above.

** From Canada & Buffalo: Take I-90 to Rochester, then 390S. Rt 390 T's into I-86 (NY State Route 17). Take I-86E to exit 42 and follow directions above.

** From Albany, MA & New England: find your way to I-88 (just NW of Albany, off I-90). Go W on I-88 to Binghamton. Go W to I-86W (NY State Route 17) to exit 42 and follow directions above.

For more information on the Women's Retreat call:

Lynnee Hamm at 315.391.6263 or e-mail: abcshopgirl@yahoo.com or contact Linda at the New York Conference at 1.315.469.6921

**Name _____

Address _____

Phone _____ Email _____

*Full payment must accompany application form. No refunds for cancellations after October 15.

Dorm Style rooms \$160 each _____ (2 per room)

Hotel Style (2-4 per room) ~ 2 double beds per room

Single occupancy \$275 _____ Double occupancy \$215 each _____

Triple occupancy \$200 each _____ Quad occupancy \$190 each _____

Write roommate choices below (each person MUST send in a fully completed registration form/payment):

1. _____ 2. _____

3. _____ 4. _____

- *Early Bird Discount \$25!! *Does not apply to "guests" *Does not apply to day rate
- *Full payment & application must be in by Oct 2, 2017 to receive early bird discount.

Day Rate (Full/Partial Attend) \$80 ea _____ (Includes all meetings and meals – no lodging)

Amount enclosed \$ _____

Make checks payable to: New York Conference Mail to: New York Conference Women's Retreat 4930 W. Seneca Trpk, Syracuse, NY 13215

**Name and address must be COMPLETE in order to receive important updates regarding retreat information!!!