



WOMEN'S RETREATS **manchester umc**

Preliminary Program

A fun weekend with plenty of time to rest, hang out, and take care of yourself.

Friday

Check In 5:00 PM

Dinner 6:00 PM

Centering Time/Praise and Prayer

Evening Social Time

Saturday

Chair Yoga/Yoga

Organizing & Dealing with Clutter

Quiet Time

Mental Health Topics:

Restoring Balance in Daily Life

Healthy Boundaries

Accepting Myself

Meditation and Prayer Sampler

Ice Cream or Frozen Treat Social

Sunday

Q&A with Presenters

Closing Worship/Communion

11:00 AM Departure

July 26-28, 2024