

BREAKFAST • INSPIRING TALKS • PRACTICAL ADVICE • OPPORTUNITY FOR CONFESSION • MASS • LUNCH



Need to recharge?
Need to reconnect?

THEN PERHAPS YOU NEED A
Spiritual Spa

Laugh, pray, listen, talk and be nourished



Be free from a
day of work
to come and rest
in the arms of God



**SPEAKER: COLEEN KELLY MAST FROM
CATHOLIC RADIO'S THE DOCTOR IS IN**

SPA TALKS INCLUDE:

Detoxifying Your Speech - 30 Days to a Tamer Tongue!
The Four Heart Healthy Habits of Holiness
Spiritual Liposuction: Why, What, How, Where?
The Four Levels of Happiness

February 6th, 2010

8:00am to 3:00pm
St. Anthony's Church
7659 Sauk Trail
Frankfort, IL 60423

Cost: \$25

REGISTRATION

TO REGISTER, PLEASE CONTACT:

Kathy Saccone
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Registration Deadline: Feb 22nd