

Mind ~ Body ~ Spirit



Fit for Christ

A women's retreat designed to refocus and get a plan for our mind, body and spirit to work toward being the best versions of ourselves. No matter where you are in life, you can always use some time to refocus, regroup and refresh. We hope that you will join us in a weekend of letting go of past hurts and focusing on how to work to be the best versions of ourselves through mind, body and spirit.

I can do all things through Christ who strengthens me. Phil 4:13 NKJV

When: Friday October 18– Sunday October 20, 2019, Check In Friday 5-6pm, Check Out Sunday after lunch.

Where: Rosaryville Spirit Life Center– 39003 Rosaryville Rd, Ponchatoula, LA 70454 (Phone: 225-294-5039)

Registration Fee: \$200 ea for a shared room or \$250 for a private room; Checks payable to Rosaryville Spirit Life Center (Attn: Cassie Cure, Fit for Christ Retreat), please mail completed registration form and checks to 39003 Rosaryville Rd, Ponchatoula, LA 70454 Attn: Cassie Cure (Fit for Christ Retreat) or register online at catholicretreatcenter.org

Additional Info: Cassie Cure (504) 756-4129 or fitforchristretreat@gmail.com

----- (cut off registration form below and keep top portion, submit bottom portion) -----

Fit for Christ Retreat Registration

Retreat Dates: October 18-20, 2019

Name (and preferred nickname): _____

Address: _____

Telephone: (cell) _____ **(home)** _____

Preferred Email Address: _____

Date of Birth (Month-Day-Year): _____ / _____ / _____

In case of emergency, please provide names of contacts:

Name: _____ **Relationship:** _____ **Telephone:** _____

Religion and church of worship (if any): _____

Special health needs/medical conditions: _____
