

St. Mary's of Michigan  
Seton Cove Spirituality Center

# Renewal Days

Winter 2008

## Want to improve your future?

Start by nurturing your body, mind and spirit at St. Mary's of Michigan Seton Cove. **Relax** and **have fun** as you **de-stress** and **refocus**. Leave **refreshed** and armed with tools to **better navigate life's journey**.

Make 2008 great!



### ~~~~~ Half-Day Programs ~~~~~

#### The Ripple Effect

Focus on how your words, attitude and actions impact others.

Jan. 29 & March 5

**Walk This Way:  
A Guide to the Labyrinth**  
Learn the benefits of the meditative walking path during this quiet, reflective program.

June 10

Morning (8 a.m. - 12:30 p.m.)  
or Afternoon (noon - 4:30 p.m.)  
Both sessions include lunch

#### The Best of

Featuring the best parts of your favorite Renewal Days. A great refresher or introduction!

June 18

NEW

#### Healing, Forgiveness & Letting Go

Jan. 16 & March 11

#### Celebrate What's Right with the World

Feb. 21 & May 20

#### Stress and Dealing with Difficult People

Feb. 12 & April 3

#### Harmony, Creativity & Radiating Your Gifts

April 23

Daylong programs are from 8 a.m. to 4 p.m. and include a continental breakfast, lunch and snacks.

**Full-day programs:** \$45/person \* **Half-day programs:** \$30/person  
(St. Mary's of Michigan associates attend for free.)

### To register or for more information:

Call St. Mary's of Michigan Seton Cove at 907-8213.  
(St. Mary's of Michigan associates register on SMART)

