

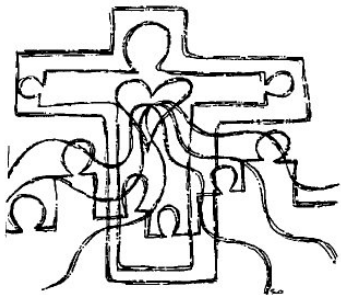
...this is YOUR invitation to wellness...

The Journey Toward Wholeness In Mind, Body and Spirit

with Christine Grano



- ... do you wonder if you'll ever get it together?
- ... do you wish you could rid yourself of negative & unfruitful thinking?
- ... are you tired of struggling with body image and/or with sustaining a better eating plan or exercise program?
- ... do you desire a better prayer life and relationship with God?



If any of these questions stir something within you, then join together with other women who are asking some of the same questions. This quiet evening offers time to reflect and pray after each short presentation, with the hope that you will be both challenged and affirmed by the Spirit, plus you will have time to share with others.

November 4, 2009 (Wednesday)

7–9 p.m.

at Mayslake Ministries

450 East 22nd St., Suite 170

Lombard, IL 60148

Please call 630-268-9000 for reservations.

Visa and M.C. welcome. Cost is \$15 each.

<p>Mayslake Ministries</p>  <p>Adult Faith Formation 630-268-9000 www.mayslakeministries.org</p>	<p><i>Offering ...</i></p> <ul style="list-style-type: none">◆ Spiritual Direction◆ Retreats◆ Veterans' Ministry◆ Parish Missions◆ Staff In-Service
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Christine is an affiliate staff member of Mayslake Ministries, offering spiritual direction, retreats and programs. Christine has a certificate in Spiritual Direction and has received training in Inner Healing Prayer, Stephen Ministry & Christian Lay Counseling. She has recently received a certificate of completion in a Fitness and Nutrition program and has her BS from U of I/Champaign-Urbana. Director of Music Ministry at her church for many years, Chris now sings and plays piano/organ for churches and funeral chapels in the Chicago-land area. She and Mike, her husband of 30 years, are parents to 2 adult children.

