

# 3<sup>rd</sup> Annual Fall Retreat

Sat Sept 17, 2016 8:30 am - 4:30 pm

Hollis Renewal Center 11414 Kansas Ave KC, KS 66111

[www.holliscenter.org](http://www.holliscenter.org)

## Mindfulness

be present, without judgement, in every moment.

Being outside is optional. Dress comfortably. Bring a sweater.

Breakfast, Lunch, Snacks and Beverages are all included.

Event hosted by the New Perspectives Nar-Anon Family Group, Shawnee, KS

**RSVP NOW! Event is limited to 30 participants.**

Questions??? Call or text Theresa (913) 240-4058 email [cleavesta@aol.com](mailto:cleavesta@aol.com)

---

**Snail Mail this portion to:** Theresa Cleaves 416 Valley Dr Lansing, KS 66043

Your Name \_\_\_\_\_ Phone or email \_\_\_\_\_

Emergency contact name and phone \_\_\_\_\_

\$20 Cash or Check made out to Theresa Cleaves