

ST. PAUL OF THE CROSS PASSIONIST RETREAT & CONFERENCE CENTER

# *Hope, Health & Happiness in the 21st Century: The Basics of Stress Management*

October 13, 2009 & April 28, 2010  
8:30am - 3:30pm

**Seating  
is Limited!**



*A delicious hot lunch is included in the \$45.00 cost for the day.*

Indeed, we are living in stressful times! The list of personal and planetary stressors is nearly endless. In this workshop presented by Bernadette Beach, RN and Certified Holistic Stress Management Educator and Fr. James Thoman, CP, Director of St. Paul of the Cross Passionist Retreat and Conference Center, you **can** regain hope and learn to live a healthy, happy life. We don't have to be passive victims in a cruel world. The basics of holistic stress management are great tools to keep you in balance during tumultuous change. *Hope, Health & Happiness in the 21st Century*, highlights the tools for stress decompression so that you can regain a sense of balance in your life and reclaim your sense of empowerment to navigate gracefully on life's journey.

**Please RSVP to Marcia Guerra  
(313) 535-9563 or e-mail: [mguerra@passionist.org](mailto:mguerra@passionist.org)**



**ST. PAUL OF THE CROSS PASSIONIST RETREAT & CONFERENCE CENTER**

23333 Schoolcraft, Detroit, MI 48223-2405 Phone: 313.535.9563 E-mail: [mguerra@passionist.org](mailto:mguerra@passionist.org) Web: [www.passionist.org/stpauls](http://www.passionist.org/stpauls)