

**“Finding Balance in Life” – Women’s Retreat/Workshop Dealing with Stress, Burnout, and Emotional and Spiritual Wholeness**

- A combination of experiential learning exercises, didactic sharing, group process, Bible Study, and individual assessment/reflection
- Participants are invited to access the balance in their lives, discover ways for finding greater emotional, spiritual, relational and physical balance/wholeness, and learn how to address some of the barriers of implementing what they learn/know to move toward a healthier lifestyle.