



Lakes Free Women's Retreat

WHAT'S HAPPENING:

Raffle (Proceeds go to our Benevolence Fund)

Games, campfire, and snack bar

Run/Walk: Saturday morning (optional)

Worship

Keynote Speaker: Monica Geyen

Free-Time Activities:

- Massages
- Four Make-N-Take options
- Bingo
- Break-out session: "*Guilt: Fight Against False Perfection*" with Leanne Waterworth
- Break-out session: "*Finding Joy in Seeking God First*" with Arlene Gabrielson
- Self-Care with Melissa Donovan

Free Snack Bar Saturday afternoon

Check-in anytime after 1:00pm on Friday.

Retreat ends after dinner at 6:00pm on Saturday.



May 12-13, 2023



Oak Forest Retreat Center | Frederic, WI



Register at lakesfree.org