

Journey into Conscious Aging...

A Retreat for Seniors

Saturday, April 21, 2018

9:00 AM - 3:00 PM

St. Wenceslaus Community Room

\$30

What we keep. As with any journey, as we age, we must decide what we need and what should be left behind. Facilitator, Nancy Hemesath, will guide this process by focusing on themes of grief, forgiveness, gratitude, consciousness, listening and wisdom. These are the elements of a successful journey inward that create a precious legacy.

The legacy we want to leave. St. Wenceslaus seniors and guests are invited to a retreat to explore the elements that constitute a full and successful retirement. You will leave with an understanding of the importance of finding "purpose" in the retirement years. This life phase offers the opportunity to nurture yourself - body, mind and spirit - while developing the legacy you want to pass on to the world.

How we discern. This retreat will be led by Nancy Hemesath, a life coach who specializes in supporting people to achieve a life full of meaning and purpose in the retirement years. Nancy leads book studies, coaches individuals, offers retreats and workshops for those ages 60 and up. She believes that these years are the fulfillment of a life well-lived, the climax of the life journey.



Registration Form – Journey Into Conscious Aging – April 21, 2018

Name _____ Phone _____

Email _____

Return registration and \$30 fee by April 16 to: St. Wenceslaus Church, 15353 Pacific St,
Omaha, NE 68154 ATTN: Mary Eileen Andreasen.

PLEASE BRING A BROWN BAG LUNCH. DRINKS PROVIDED.