

# Kick-Start **SELF-CARE BOOTCAMP** Your Life

How often have you found yourself thinking or saying the following?

I never have time for what I want to do.

I feel like I am the only one that can get things done.

I feel so depleted.

“As a new mom, time for myself was last on my priority list. I didn’t realize how much I needed this day until I got there. The day taught me the importance of prioritizing my needs. The program has continued to influence how I care for myself long since the end of the retreat.”

— STEPHANIE, SOMERVILLE, MA

If you answered YES to some or all of these statements, then our Women’s Self-Care Bootcamp may be just what the “doctor” ordered!

**Saturday, October 24, 2015**  
**8:00 A.M. – 5:00 P.M.**  
**St. Gabriel’s House**  
**173 Appleton Street, Arlington, MA**

The \$250 program fee includes:

- 2 self-care workshops and meditation
  - Cooking demonstrations
- Breakfast, lunch, materials & giveaways

Visit our websites to learn more or to register.

## SPECIAL OFFER

Register by Friday, September 18, 2015 for a 10% savings. Refer a friend who registers and receive an additional 10% discount!



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**MAKE YOURSELF A PRIORITY AND SIGN UP TODAY**
