

Early
Registration
\$50
By February 28

Late Registration
\$60
After February
28th

***Please make check/cashier
check/money order
payable to St. Mark's
UMW. Cash can be given to
Louretta Howze, please do
not mail cash!***

QUESTIONS/CONTACT

Should you have questions
or need further information,
please contact,

Mrs. Louretta Howze
2025 Retreat Director
labutterflyinc@gmail.com
704-556-9193

21th Annual St. Mark's UMC Women's Retreat



**Theme: "Believing Bigger: Women's
Wellness and Wealth"**

*"but those who wait for the Lord shall
renew their strength, they shall mount up
with wings like eagles, they shall run and
not be weary, they shall walk and not
faint."*

Isaiah 40:31

**March 29, 2025
8:00AM – 4:30PM**

St. Andrews United Methodist Church
Family Life Center
1901 Archdale Drive
Charlotte, NC 28210

Featured Presenters:

Dr. Tiffany A. Little

“Believing Bigger: Best Practices for Women”



Dr. Rashonda Burkett

“Natural Healing: A Natural Way to Wellness”



Wanda Nelson-Neely

“Building Wealth – Budgeting and Building Savings”



Dr. Eboni Bell

“Believing Bigger – Panel Discussion”



Adria Chambers
M.Ed., LCMHC, CEAP

“Superwoman Syndrome: Adjusting the Mindset of the Superwoman”



Raina Dingle

“Exercise to Health and Wellness”



“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel.”

Eleanor Brown, author

Registration Form

Join us on Saturday, March 29th for our Annual Women’s Retreat 8:00am – 4:30pm. The cost of the retreat is \$50 for early registration by Feb. 28th and \$60 for late registration after Feb. 28th. The cost includes: Continental breakfast, snacks, lunch, and retreat materials.

Name:

Address:

City/State/Zip:

Best Contact Phone Number:

Email Address:

Special Diet Needs:

Return form to
labutterflyinc@gmail.com or mail to

St. Mark’s UMW
Attn: Louretta Howze
917 Clanton Rd.
Charlotte, NC 28217