

Late Registration \$60 After February 28th

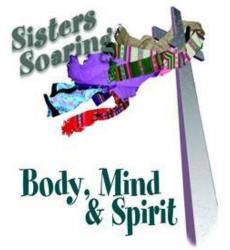
Please make check/cashier check/money order payable to St. Mark's UMW. Cash can be given to Louretta Howze, please do not mail cash!

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