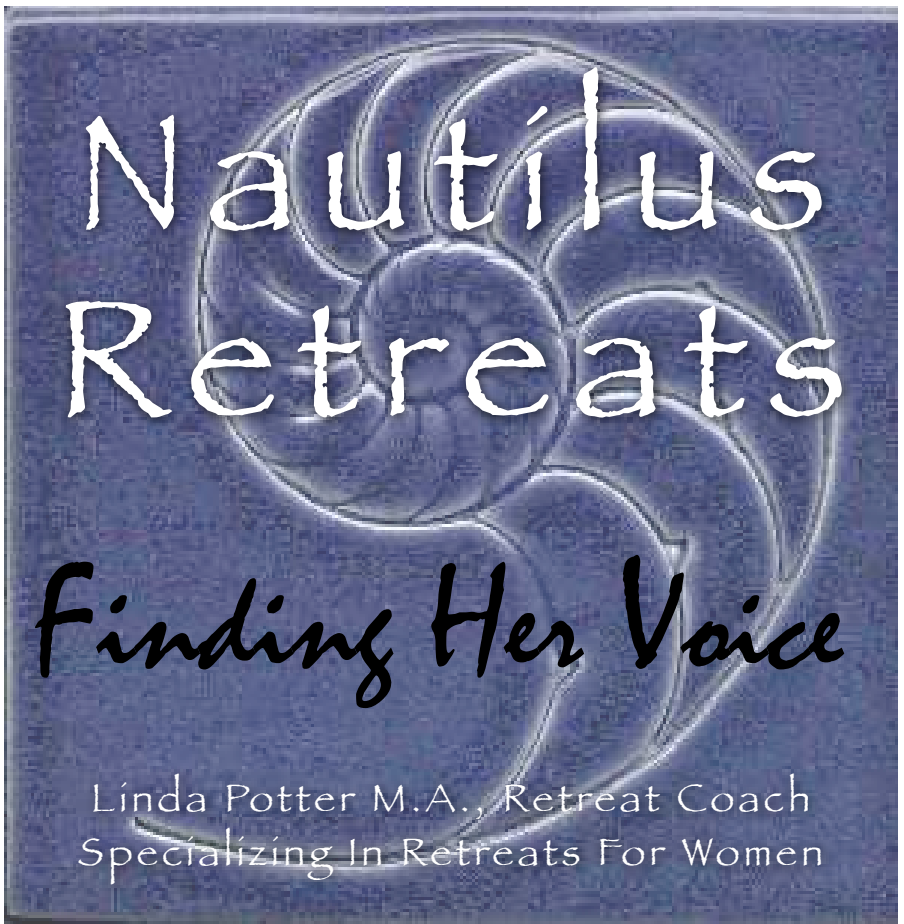


# Retreat

RENEW  
RECREATE  
REDISCOVER



## Mini Retreat Thursday December 7th

2 Park Place In Canton, New York  
6:30 - 9:00 p.m.

“Holiday De-Stress Retreat”  
Start a new tradition & enjoy the holidays.

Learn ways to reduce the stress of the holidays  
& reclaim the joy of the season while staying balanced and healthy.  
Give this retreat as a holiday gift to yourself!

Space is limited! Cost per woman is \$25.  
For more info or to register, contact Linda Potter at (315) 386-4364 or [nautilus@twcnyc.ny.us](mailto:nautilus@twcnyc.ny.us)