

# **“Take A Break!” A Retreat For Women**

## **Friday April 27th**

**3:00 to 5:30 p.m.**

**Multi-Purpose Room  
Health & Counseling Center**

**Sponsored by The Committee On The Status Of Women.**

**Cost is \$15 per woman, limited to 12 women.**

**For more information contact Linda at 386-4364.**

**To register, please send a check (payable to Linda Potter)  
to Ann Marie G. Halstead, PCA Dept.**



**Linda Potter M.A.  
Retreat Coach**

Linda designs and leads group or one-on-one retreats for women and non-profit organizations.

A former non-profit executive and development consultant, Linda now actively pursues a life of intention working with women and local organizations to build community in Northern NY.

**Step away from your end-of-semester demands  
for a mini-retreat to rediscover balance and healthy self-care.**

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## A Retreat For Women

# Nautilus Retreats

