

*The Episcopal Church Women present...*

**6th Annual**

# **Journey in Faith & Wellness**

**April 22**

**1:00 to 5:00 p.m.**

*Parish Hall  
off Clinton Street  
in Georgetown*

**Tickets—\$10.00**

No reservations -  
pay at the door

**Contact:**

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*Sponsored by the  
Episcopal Church  
Women in support of  
Hospice of the  
Bluegrass*



**Join us for an exciting day of interactive workshops.  
Come dressed to move and explore!**

## **Presenters**

- The Rev. Marcia Hunter—Faith and Wellness
- Rian Edwards - Advocare
- Paula Antonini - Aromatherapy
- Bob Ashmore and Jim Showalter - Tai Chi
- Dinah Blue - Acupuncture
- Courtney Catron - Music Therapy
- Martha Clay - Meditation
- Amanda Duncan - Chair Massage
- Georgetown Police - Self-defense
- Dr. Gary Mills - Chiropractic
- Donna Neely - Low impact Zumba
- Shannon Stricklin - Yoga



**The Church of the Holy Trinity**

209 South Broadway, Georgetown, Kentucky 40324 [www.holytrinitydolex.org](http://www.holytrinitydolex.org)