

REGISTRATION DEADLINE IS
Monday, September 5, 2011

Please send registration with \$25
check payable to:

Notre Dame Educational Center to:
Sr. Barbara Klodt, SND
Notre Dame Educational Center
13000 Auburn Road
Chardon, Ohio 44024

PLEASE PRINT:

Name _____

Address _____

Phone _____

E-mail _____

Facility or Parish _____

Profession/Hobbies _____

Multiple Registrants

One check may be submitted
for more than one registrant
but please include the above
information for each registrant.

Cancellation Policy

Substitutions are accepted at
any time, but refunds are not
available.

For Questions contact:

Sr. Barbara Klodt, SND
440-286-7101



*When we understand and
appreciate our self as a whole
person, we understand and
appreciate others this way also.*

*Well-being is dependent upon
more than physical care.*

*Whole person care can improve
upon the existing medical model.*

*Whole person care is free when
you recognize the power of the
healer within you. Enjoy wellness
and improve your quality of life!*



Abundant Life
Care for the body, mind, and spirit™

Wellness Retreat for Older Adults

September 13 & 14

9:00 am to 1 pm

8:30 am Continental breakfast

at

**Notre Dame
Educational Center
13000 Auburn Road
Chardon, Ohio 44024**

Take care of your whole
self and enjoy fuller, more
meaningful life!

*I came so that you might
have life and have it more
abundantly.*

—John 10:10

Presented by
The Sisters of Notre Dame
in collaboration with
Catholic Community Connection



Wellness is
a quest we
make one day
at a time.

Take time to learn, laugh, and love. Nourish your body, mind, and spirit and realize the way to a happier, healthier life.

Experience a vibrant spirit, good communication and healthier relationships with family and friends.

Honor yourself in relationship with God, nature and others. Be present and have a positive impact on your surroundings.

Abundant Life is based on the philosophy that every person is an inseparable unity of body, mind, and spirit and that care for the whole person contributes to well-being and fuller, more meaningful, life.

www.AbundantLifeEducation.com

Our Wellness Days

Day One

Tuesday, September 13, 2011

8:30-A.M. —Continental Breakfast

9:00 A.M.—Opening Prayer

Dimensions of Wellness

Seeing the Connection

—BREAK

Healthy Communication and Relationships

1:00 P.M. — Closing

Day Two

Wednesday, September 14, 2011

8:30-A.M. —Continental Breakfast

9:00 A.M.—Opening Prayer

Understanding spiritual pain and responses

—BREAK

Staying Balanced

Apply wellness practices

1:00 P.M. — Closing

Presenters



Pamela Maidens is a Certified Lay Ecclesial Minister in the Diocese of Cleveland and nationally certified in the Sacred Art of Living and Dying. She is Director of Mission Education for 16 Catholic health, human service, and education providers in Northeast Ohio where she develops and teaches formative programs for faculty and staff. Pam holds degrees in Journalism, Theology, and Ministry and completed Clinical Pastoral Education in end of life care. Pam coproduced the Abundant Life Teacher's Manual for Wellness Education and recently wrote The Basics of Abundant Life.



Antoinette Horn, MBA is a Healthcare Administrator with 25 years of leadership experience in acute, long-term care, and acute care ministry. She facilitates collaborative work among healthcare professionals, the research community, and academia. Antoinette is a certified instructor in integral Tai Chi and Qigong. She coproduced the Abundant Life Teacher's Manual for Wellness Education and the Abundant Life Wellness Awareness Tool and supports practical applications for use in personal and professional environments.