

# ST FRANCIS RETREAT HOUSE

## Monday Night Mini-Retreat

### LIVING LIFE FULLY - FINDING RESILIENCE IN A CHANGING WORLD

**Monday, September 21, 2020 6:00 - 9:00 pm.**

**Offered On Campus at the Retreat House, or Remotely via ZOOM**

Today's pace of change leaves us overwhelmed as we constantly attempt to adapt. The pace of change impacts our church, too. The Good News of our Lord is a solid anchor that we can cling to in the midst of changes in the world that can create feelings of instability. This discussion will offer tips to help participants broaden their understanding of resilience skills using information from the HeartMath Resilience Advantage Program. We will examine the science behind emotional wellbeing and its impact on our human performance.

This evening's presenter is **Gena Tallarico, RN, MA, COHN-S.**

Gena is the Executive Director of St. Francis Center for Renewal, in Bethlehem, PA. Gena is a Health and Wellbeing Services expert. A Registered Nurse and Occupational Health Specialist, Gena holds a Master's in Strategic Communication and Leadership from Seton Hall University. Her passion revolves around developing and implementing successful strategies that measurably improve health and human performance.



**REGISTER:** By calling **SFRH** at **610-258-3053 x 10**, at least 7 days prior to the retreat, or on our Website: [www.stfrancisretreathouse.org](http://www.stfrancisretreathouse.org). Please note if you wish to be with us on-campus for the retreat or if you wish to join us virtually via ZOOM. For those who select ZOOM, you will receive an email with the ZOOM link and password for the retreat.

#### **SUGGESTED DONATIONS:**

**On-campus** Mini-Retreat: \$30 (includes supper)

3918 Chipman Road, Easton, PA. 18045

**Virtual** participation: \$15.

*Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible - St. Francis of Assisi*

