

LIVING WELL RETREAT

For Rostered Leaders
Western Iowa Synod

March 11th & 12th, 2010

Okoboji Lutheran Bible Camp
Upper Christopher Haus
1203 Inwan St., Milford, IA

Thursday: Registration at 11:00 a.m.

Friday: Concludes with lunch

Cost: \$75 includes meals and a single room (if more than 25 register we will need to have double rooms)

*** Don't forget to bring your bedding, towels, and a snack to share**

- Earn \$150 Wellness Dollars and a jump start on \$300 additional
- Create significant savings synod and church-wide
- Wellness ministry resources
- Greater benefit from your Board of Pensions benefits
- Healthy Leaders Enhancing Lives!
- Food, Fun, and Fellowship along the way

***Don't forget your laptop if you need to fill out the Health Risk Assessment**

Registration Form - Living Well Retreat, March 11-12, 2010

Name _____ Phone _____

Address _____ Cong/City _____

E-mail _____