

Creating Our History Together!

2008

How Does Your Spiritual Garden Grow?

2009

Living Life with Passion and On Purpose

2010

A Quality of Life for the Rest of Your Life

2011

A Woman's Legacy: Living a Life that Matters

...and, now!

2012

Double Feature:
Living Life with Meaning & Civility



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E-Mail: office@dmcpc.org
Visit us at: www.dmcpc.org
Facebook: Central Presbyterian Church
Des Moines

2012 Women's Retreat Double Feature



Friday:
“Living Life with Meaning”
with Jann Freed
&
Saturday:
“Civility”
with Rekha Basu

Refresh|Rejuvenate|Reconnect

March 2 - 3, 2012 ♦
Country Inn & Suites, Clive

Facilitators



"Living Life with Meaning"
Movie and Discussion

Jann Freed, PhD., is a Registered Corporate Coach, committed to

helping individuals and organizations achieve their goals and leave the legacy they want to leave. She is available for one-on-one coaching or for developing and conducting corporate workshops and retreats. www.jannfreed.com

"Civility"
Presentation and Conversation



Rekha Basu writes about human rights, civil liberties, foreign affairs and other issues for the *Des Moines Register*, the no. 1 source for Des Moines' breaking news.



Refresh | Rejuvenate | Reconnect Central's 2012 Women's Retreat March 2 - 3, 2012

Location

Country Inn & Suites Des Moines West
 1350 NW 118th Street
 Clive, IA 50325
 (515) 223-9254

Schedule

Friday, March 2

5 p.m. Gathering, appetizers & beverages
 6:30 – 7 p.m. Dinner, *catered by El Patio*
 7 – 9:30 p.m. Movie & Discussion with facilitator, Jann Freed
 9:30 p.m. Free time and optional activities

Saturday, March 3

7 – 8:30 a.m. Breakfast
 8:45 a.m. – Noon Presentation & Conversation with facilitator, Rekha Basu

Please bring an appetizer or dessert to share!

Registration Deadline: Feb. 13, 2012.

Cost: \$50 Double Room
 \$70 Single Room
 \$25 Friday evening or Saturday morning

Contact Mary Gordon for more details at (515) 279-3658 or mgordon@dmcp.org.

Registration Form

*Central's 2012 Women's Retreat
 Double Feature
 March 2–3, 2012*

Name: _____

Address: _____

E-mail: _____

Phone: _____

Roommate(s): _____

Send registration form and check to:
 (please make checks payable to Central Presbyterian Church):

Central Presbyterian Church
 C/O Women's Retreat
 3829 Grand Ave.
 Des Moines, Iowa 50312

Or, drop your completed registration form and payment in the offering plate during Sunday Worship.

