

Women's Retreat October 15-17, 2010
"Empowering Women Through Seasons of Life"

- Feel burned out from your busy pace of life?
- Does your spirit need a breather?
- Hungry for fresh ways to relate with God and all sisters?

Join us at the Ayres Hotel and Suites in Costa Mesa with keynote speaker psychotherapist Cissy Brady-Rogers.

A licensed marital & family therapist in private practice in Arcadia, CA, Cissy is also an adjunct professor in the Graduate School of Psychology at Azusa Pacific University and founder of Alive & Well: Compassionate Health Coaching. In addition to undergraduate and seminary training in biblical studies & theology, plus training as a yoga instructor and spiritual director, she brings over 25 years of experience as a speaker and workshop facilitator for professional and women's groups on health, beauty and fitness related topics. In her free time, she loves attempting to grow things in her garden and riding her bike with her husband and friends.

Cost: \$150 per person (transferable but non-refundable) 2/room
 \$130 per person (transferable but non-refundable) 3/room
 \$110 per person (transferable but non-refundable) 4/room
 2 nights, 3 meals included

Registration and payment due **September 5, 2010.**

For more info contact **Shirley Lew** at slew@ebcla.org or **626-280-0477 ext. 108.**