

Day of Healing

# Experiencing Relief from the Pressures and Stressors in Life

When: February 20, 2011  
Sunday 10:00am – 5:00pm  
**Registration is at 9:30am**

Presenter: Fr. Bob Masciocchi, CSS

Where: Espousal Retreat Center, Waltham, MA

*Pressures and Stresses are so very common in human life. We will look at and practice the effective ways of dealing with stress from proven methods of Christian spirituality and psychology.*

*The day will include teaching, inner healing prayer, Mass, reflection time, small groups.*

*Offering: \$45 (includes lunch)*

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**Reducing Stress**

**February 20, 2011**

To reserve, please complete and return with a deposit of \$15.00 check or money order to Espousal Retreat House, 554 Lexington St., Waltham, MA 02452. Phone: 781-209-3120 E-Mail: espousaladmin@gmail.com

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ E-Mail \_\_\_\_\_