



# Widows' Retreat

Sunday Sept. 25- Tuesday Sept. 27

Emotional, financial and spiritual healing.

**Register by April 15<sup>th</sup>**  
**Save \$50**

**Emotional:** Workshops and discussions on grieving, self-care, coping with the death of a spouse.

**Financial:** Workshops on the financial aspects of being on your own and honoring your loved one.

**Spiritual:** Meditation for body and mind, prayer, relaxation and connection with nature.

**Connection:** Join other widows of all ages for reflection, inspiration and conversation.

**Led by two women with a wealth of experience, compassion and wisdom.**

Lynn M. Acquafondata is a mental health counselor with the Pastoral Counseling & Family Therapy Group.

Jessica Millan is a financial advisor with Edward Jones who specializes in working with widows.

One hour from Rochester at Asbury Retreat Center near Letchworth State Park.

For more information see: <http://www.pcftgroup.com/widows-retreat>

Contact: Lynn @ 585.330.1340 , [asburyretreat@gmail.com](mailto:asburyretreat@gmail.com)





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