



# Balancing Our Roles as Women

M A Y R E T R E A T  
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## SEMINAR TOPICS

### FRIDAY EVENING

“Craving the Desired”

- God created us to “crave” but  
crave the right things.

### SABBATH MORNING

“Living Like Mary in a Martha’s World”

“The Lessons of Mary Magdalene”  
( craft to follow)

### SABBATH AFTERNOON

“Taking Fitness in Stride” & “The Benefits  
of Water” ( This will include a 1-mile walk  
test and she will bring, grip strength  
testing, body fat measurement, and BP  
machine)

“Boosting the Immune System”

### SABBATH EVENING

“Preserving your Sanity”

### SUNDAY MORNING

“Hormonally Happy” – Women’s Health

