



6th Annual Women's Day

Creating Your Balance

There is an appointed time for everything, and a time for every affair under the heavens. Ecclesiastes 3:1

Please join us for a lovely day designed especially for the women of our parishes. Our day will include three presentations, including a special craft session, delicious food and inspirational prayer time – all designed to lift up your spirit and renew balance. This sixth annual event is sponsored by the Health Ministries Team

Saturday, May 16, 2026
from 8:30am – 2:30pm

St. Joseph Center – E. Second Street, Dayton, Ohio (across from the church); handicapped accessible.

Fee: \$35.00

(financial scholarships available upon request, call Lynda at 937-228-1223).

SPEAKERS

Lynda Middleton, MDiv

Holy Trinity Parish Administrator

Presentation: *Ora et Labora: Living a Balance of Work, Prayer and Other Important Stuff*

Rebecca Grajeda, NASM and CNC/Owner

Presentation: *Movement is Medicine and Motion is Lotion*

Lynn Wilmes

Arts and Crafts Instructor

Presentation: *Button, Button, Who's Got the Button?*

Continental Breakfast and box lunches will be provided.

Pre-registration is required. Please complete your lunch choice on the back of this form. Return it to your parish office with payment attached, or contact Patsy Martin at 937.776.8949, or plmartin937@gmail.com.

The registration form is also available on the St. Gaspar Family of Parishes website.

Registration opens on April 13, 2026, with the deadline May 7, 2026. Seating is limited to 50 people.

Watch upcoming bulletins and the St. Gaspar website for more details.

See reverse side for Registration Form.