

*You care for others. It's what you do.*

*But who's got your back?*

## Take A Day Apart

### Sessions

### Topics/Dates

### Healthy Relationships

April 28, 2016

### Location:

Oblate School of Theology  
285 Oblate Drive  
San Antonio, TX 78216

**REGISTER TODAY**

*Seating is Limited*

**REAH MINISTRY  
PARTNERSHIP**

*The Office of Leadership Vitality has partnered with Reah Ministries to offer this spiritual and holistic program A Day Apart to the Rio Texas Conference clergy and their families.*

*Clergy enrolled in the Clergy Wellness Program that participate in the in the Reah Ministry program "Take A Day A Part," will be eligible to receive an incentive of \$50 or receive a scholarship to attend the event. This event count towards the Spiritual Care Component of the 2016 Clergy Wellness Program. This will be available only to those clergy that are enrolled in the Rio Texas Conference 2016 Clergy Wellness Program. To enroll in the Spiritual Care of the Clergy Wellness Program click below:*

**CLERGY WELLNESS LINK:**  
[Spiritual Care Form](#)  
[Spiritual Care Reporting](#)

**REAH MINISTRY LINK:**  
[Creating Opportunities for Spiritual Growth](#)

We look forward to your enrollment in the Clergy Wellness Program and your participation in the Reah Ministry Program, A day Apart: Practicing the Art of Self-Care.

Rev. Dr. Marcus Freeman III  
Director of Leadership Vitality  
Rio Texas Conference

Rev. Becky Hamman  
Director of Reah Ministry

- *Do you have a big heart and big responsibilities?*
- *Do you give more for others than yourself?*
- *Do you have little time and energy left for yourself?*
- *Are you disconnected from your life, your heart, your spirit?*

Reah Ministry Invites you to:  
*A Day Apart: Practicing the  
Art of Self Care*

## Caring for Self – Healthy Relationships

### Give Yourself the Break this Spring!

### A Day Apart: Practicing the Art of Self-Care

**Thursday, April 28, 2016**

Reah Ministry Invites you to...

Learn Spiritual Practices that deepen your relationship with God self, others, and creation

"A Day Apart: Practicing the Art of Self-Care" is an uplifting and fulfilling journey toward health and well-being.

Description: A Day Apart: Practicing the Art of Self Care" is an interactive seminar inviting us to take a step toward physical and spiritual well-being. Recognizing self-care is a journey, there will be opportunities for continuing support, learning and future days apart!

Sessions: Each "A Day Apart" session is unique, yet complements the others to develop a practical, holistic wellness guide. If you have not attended the previous sessions...NO PROBLEM!! Each session is made to stand on its own!

Presenters: Rev. Becky Hamann, Kelly Arrendell, and MaryAnne Toepperwein

Register Today - seating limited

**This is a holistic, transformational, life-style changing, spirit building gift to yourself.**

[Register today](#)

[read more](#)

A Day Apart is sponsored by:

Reah Ministry  
&  
CLERGY  
**WELLNESS**  
PROGRAM  
Spirit < Mind < Body  
Rio Texas Conference of the UMC

Quick Links:

[Reah Ministry](#)  
[Rio Grande Conference](#)