

part of the caring for the caregivers retreat series

balance

&

a special retreat
for pastors who
give so much
to care for others.

come for a time
of refreshing
and regain your balance.

renewal

august 4th to 5th, 2009

@ aldersgate retreat & cultural center

offered for free as a ministry of cal-pac camps



Caregiver burnout is a serious issue in many professions, especially for clergy. The constant focus on the needs of others often leaves the caregiver with a loss of self, resentful and stressed. Aldersgate's mission is to encourage inner peace and to be a welcoming haven for personal renewal. Come join us and be renewed.

Retreat begins Tuesday 4:00 PM and ends Wednesday 5:30 PM.

call 310.454.6699 or visit www.aldersgateretreat.org for more information.