

# Appleton Alliance Church Women's Retreat Schedule

## FRIDAY EVENING

- 4:00- 7:30** Welcome! Check-In  
**6:30-7:30\*** Register for Luncheon Reflections Session  
**7:30** Opening Session: Becoming an Uncommon Woman: God's Promise to Make You Strong, with Susie Larson.  
**9:30 -11:00\*** Girls Night In "Times of Your Life"  
*Hospitality Rooms Open*

## SATURDAY MORNING

- 7:00-9:00** Breakfast Buffet  
**6:30-7:30\*** Zumba Party *presented by Linda McCullen.* Please bring comfortable clothes and shoes to participate.  
**8:15\*** Spirit Filled Life *presented by Cindy Kirkpatrick.*  
**9:30** Morning Session: Staying by the Well: God's Promise to Make You Whole, with Susie Larson

## SATURDAY AFTERNOON

- 12:15-1:15\*\*** Luncheon Reflections. Cost for lunch \$6. Register at retreat

### **SATURDAY BREAKOUT BONANZA**

- 1:15- 2:15\*** Hormone Hope & Help: What Every Woman Should Know *presented by Kris Klitzke RN, BSN, author of "Hormone Balance: A Matter of Life and Health"*  
Simple Steps for Super Savings *presented by Jessica Tower*  
**2:15- 3:15\*** Live Out Loud *presented by Sarah Schneider*  
One Big Secret of Successful Relationships *presented by Suzan Myhre, MSSW*  
**3:15- 4:15\*** Play-Full Praise *presented by Tammy Muller*  
Wrap it Up *presented by Amy Popp*

## SATURDAY EVENING

- 6:00** Dinner Buffet  
Evening Session: Embracing Your Freedom: God's Promise to Change Your World with Susie Larson.  
**9:00-11:00\*** After Hours Gather with friends, old and new, for bunco and prizes

## SUNDAY MORNING

- 7:00-9:00** Breakfast Buffet  
**6:30- 7:30\*** Cardio-Fit Kickboxing *presented by Jedotta Dainsberg.* Please bring comfortable clothing and shoes to participate.  
**8:15-9:15\*** Sarah - Hoping Against Hope *presented by Judy Episcopo*  
**9:30** Morning Session: Engaging an Intimate God: God's Promise to Draw You Near, with Susie Larson.  
**12:00** Retreat Ends

\* Optional Activity: No preregistration required

\*\* Optional Activity: Registration for this event will take place at the retreat.