

Give yourself a gift this Advent!

# Following the STAR!



*Join us for a pre-season  
stress management retreat evening*

**Friday, December 9th**

**6:30 to 9:00 pm**

**at**

**SS. Simon & Jude Church**

**West Chester, PA 19382**



*Bring a friend, prepare for a stress-free,  
enjoyable evening!*

**Registration will be limited**

**RSVP by Wednesday, December 2nd**

**Sr. Mary Beth @ 610-696-3624**

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