



Madonna Mass & Dinner Wednesday May 2nd

“If we stand with Our Lady, she will give us her spirit of loving trust, total surrender, and cheerfulness.”

Saint Teresa of Calcutta

***Our speaker: Lori Kearney
Mindful Health***

“Nourishment for mind, body, and soul”

Lori Kearney is a Certified Integrative Nutrition Health Coach and wellness educator who teaches adults how to increase energy, reduce fatigue, improve brain clarity, reduce inflammation and pain, increase their faith in God and have a positive outlook on life.

After sustaining a traumatic brain injury in 2012 Lori’s life was forever changed. Her daily pain, depression and anxiety prevented her from going back to her demanding career. Through God’s grace she found a different way of healing by using the principles of clean eating, self-care, prayer, and mindfulness. Lori believes that God guided her through this painful experience so she could fully understand how to help others heal mind, body, and soul.

Lori is a graduate of the Institute for Integrative Nutrition, the world’s largest nutrition school. Also, she has degrees in Psychology and Business from Saint Cloud State University.

Lori has a private practice, Mindful Health, where she coaches clients one-on-one, facilitates corporate and community workshops, and leads group health coaching.

All women of the parish are welcome!

We begin our celebration with 5:00 PM Mass in the upper church. The evening continues in Steiner Hall with wine and appetizers served prior to dinner.

Highlights of the evening to include:

- *Our Spirit of Mary award presentation*
- *Our annual summary of NCCW events*
- *Heads or Tails*
- *A memorable night shared with the incredible women of Nativity*

*Please return registration by Wednesday, April 25th, make checks payable to NCCW and return to the parish office:
Attn: Monya Kampa*

Name _____

Email _____ **Phone** _____

Number Attending _____

Names of Guests _____

Amount Enclosed _____ (**\$22 per person / \$15 per senior**)