

**Health & Wellness:
Day-Retreat for
Consortium Students
March 7, 2015**



**WASHINGTON
THEOLOGICAL
CONSORTIUM**

Crossroads of Faith, Learning and Dialogue

**Saturday, March 7, 2015
9 am- 4 pm @ VTS**



**Virginia Theological Seminary
3737 Seminary Rd., Alexandria, VA
(1 mile west of I 395 Seminary Rd exit)**

Schedule:

8:30 am Coffee & Tea gathering
9:00 A framework for Wellness
9:30 Complete a self-assessment
10:00 Small group discussion (break)
10:45 Understanding personal Change
11:15 Applying change to my life
(small group discussion)
11:45 Lunch (friends & healthy eating)
12:40 Wellness Activities I (breakouts)
Yoga and Health, Contemplative Prayer,
Improvisational Humor in Ministry,
Gardens and Healthy Food
Mandalas and Spirituality
Massage and Relaxation
Health Checks: Blood Pressure, etc.
1:40 Wellness Activities II
2:30 Creating Personal Wellness Plan
3:00 Small Group Reflection/Sharing
3:30 Closing Remarks and Worship

***Health, Wellness & Ministry Retreat for
Consortium Students***

*Explore Spirituality and Wellness, a process for
healthy changes, making a personal Wellness
Plan, and break out sessions to try something
new! Great fellowship and reflection with
students from other Consortium schools.*

***Rev's Scott Stoner and Shannon Kelly
Living Compass Foundation, Chicago***

*No charge with RSVP: Includes Lunch
Register here: wtc@washtheocon.org or contact
your Dean of Students*



**Why do seminaries care about health,
wellness and ministry?**

Health risks for clergy and church workers are on the rise; and research shows that healthy leaders shape healthy congregations. Buck the trend by setting a new course for your and life and ministry. Join us!

Free for those who RSVP:

wtc@washtheocon.org or call 202-832-2675

