

REFORM

# An Invitation to *Christ-Centered Wellness*

ST. JOSEPH'S CHURCH ♦ GREENWICH VILLAGE ♦ 371 6TH AVE, NYC  
SATURDAY, DECEMBER 10 ♦ 8:30 AM - 1 PM

## Tentative Schedule

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- 8:30 am | Holy Rosary and Welcome
- 9 am | An Invitation to Christ-Centered  
Living Seminar
- 11 am | Adoration & Lectio Divina
- 12:10 pm | Holy Mass
- 1 pm | Fellowship and Refreshments
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*\*The Sacrament of Reconciliation will be offered  
throughout the retreat. Reform products will be  
available for purchase to support your reformation.*

*Retreat led by  
Reform Wellness*



**JACKIE MULLIGAN**  
CEO (Chief Eucharistic Officer)  
& Foundress of Reform Wellness



**DR. BRIDGET VANDER WOUDE**  
Reform Lead Consultant

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SCAN CODE TO REGISTER

*Ticket price: \$55*

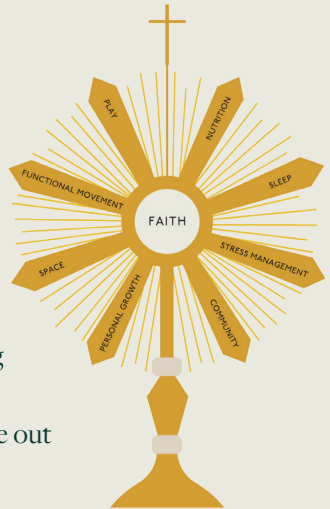


# REFORM

## Reclaim *your health and identity* in Christ

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- Redefine health with Reform's nine Wellness Pillars
- Assess the current state of your body and soul
- Shift from self-reliance to reliance on Christ
- Build a daily formation to support your well-being
- Learn resources and best practices for holistic healing
- Allow the Divine Physician to heal you from the inside out



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Reform is a functional medicine and holistic wellness practice *rooted in Christ.*

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