

Women's Wellness Workshop

For Women of All Ages

Sponsored by

Reading United

Methodist Church and **Healthy Congregations**

Date: March 15 at 5:30pm

Location: Reading UMC

Topic: Meaningful Manifestation Presenter: Angie Theel



Manifestation is the transformation of thought into its physical equivalent. It's the process of taking an idea, a dream, a goal, or a vision and taking the necessary action steps to make it a reality. Anything you can daydream about, you can create in your life. The spiritual meaning of manifestation is the connection between consciousness and physical form. It's about listening to your intuition, finding that higher power, and trusting that you're here for a spiritual purpose.

Have you heard the saying, "You are what you think you are?" Does this ring true in your life? Have you made goals before and not been able to follow through? Do you dream of greater things for your life? Are you looking for meaning in your life?

Angie will share her part of her journey, what she has learned, and how to apply some of these ideas. Angie is a former elementary teacher and is the author of the Nature Nurtured podcast. Most of the workshop will be dedicated to hands on activities making our own "Vision Boards" We will have craft supplies plus magazines to help you design those goals, dreams, and vision for your life. If you have special pictures, slogans, stickers, or words, you want to include, bring them.

Exciting hands-on workshop is coming on April 19....."Herbs, Healing, and Health" Spring is a great time to plant a garden and incorporate some herbs.