NC KNIGHTS OF COLUMBUS 2024 CONVENTION – FRIDAY, MAY 3 – SUNDAY, MAY 5, 2024

WOMEN’S PROGRAM – ACTIVITY

SHERATON IMPERIAL HOTEL, 4700 EMPEROR BLVD, DURHAM, NC 27703

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Join us in a morning dedicated to wellness and self-care, that will focus on nurturing your inner and outer beauty as a woman of faith. As busy wives, mothers, daughters, grandmothers…we often spend much more time caring for others than we do for ourselves. Healthy routines or practices like stretching, mindful breathing, skincare and beauty rituals can easily fall by the wayside in our quest to do things for others.

But scripture actually tells us that God wants us to take the time we need to rest, renew, and revitalize ourselves. He wants US to treasure and love ourselves as much as He loves us. Let’s learn together how we can do this better!

**Schedule**

**930 am – 10:15 am. Holy Yoga with certified health and wellness coach, Jill Bates**. A Holy Yoga class is a time of worship, praise, and connection to Christ practiced with contemporary and motivational Christian music. It is an experience that teaches us to take time to love, nurture, accept, heal, and grow ourselves in His word and His spirit. All levels from beginners to advanced yoga practitioners are welcome. (website: <https://jillbates.com/>)

**10:15 -10:45 am.** **Bringing Self-Care into Healthcare.** You are invited to cultivate a deepening of your faith as you focus on your health. Wellness doesn’t come from a product nor is it dependent on the system or an expert. Putting God first, you can create a lifestyle that supports your wellness and your family.

**10:45-11 am. Break. Herbal teas, coffee, champagne mimosas available**

**11 am – 11:45 am.** **Celebrating beauty internally, externally and eternally, with Patty Rovano, Mary Kay director.** During this fun, interactive session with an expert in the beauty and skin care industry, you’ll learn how to use cosmetics as a vehicle to enhance the beauty and confidence you already have. You'll also learn simple tips that will help you create a perfect skin care and makeup routine specifically for YOUR lifestyle!  Complimentary gift bags for all participants.

*The Mary Kay foundation raises and distributes funds to invest in breakthrough cancer research to find cures for cancers affecting women and ending domestic violence against women.*

Both of our facilitators are Mulholland Columbiettes in Apex, NC since 2023:

Dr Jill Bates, Pharm.D., M.S., BCOP, DipACLM, FASHP

Patty Rovano, Independent Sales Director – Mary Kay