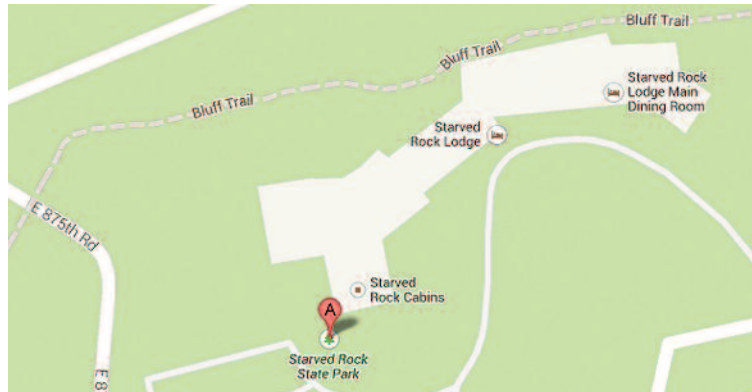


The FJMC Midwest Region Presents Its 2014 Regional Retreat **EAT. PRAY. EXERCISE.** A Fun Weekend of Ruach & Wellness

May 2-4, 2014 • Starved Rock Lodge & Conference Center, Oglesby, Illinois
Join Us For a Memorable Weekend of Physical & Spiritual Health & Wellness

- Hike through scenic Starved Rock State Park
- Stretch yourself with yoga
- Swim in the Lodge's indoor pool
- Learn about weight training and competing as a Jewish athlete
- Lively discussions, traditional and alternative services
- Delicious kosher meals
- Inspiring, motivational speakers
- Program ideas to recharge you and your own club
- Meet Club leaders from around Midwest Region and FJMC
- Lots of Fun & Ruach!



This Unique, Not-To-Be Missed Event **starts at 3:30 pm on Friday, May 2, 2014** and **ends following Lunch on Sunday.** All Events and Accommodations are at the **Starved Rock Lodge & Conference Center, Oglesby (LaSalle County), IL.**

Detach at the line and mail with your payment

ALL RESERVATIONS ARE DUE NO LATER THAN THURSDAY, MARCH 20, 2014
Space Is Very Limited!! When Rooms Are Filled, We Will Start A Waiting List. Do Not Wait!!

Name _____ Address _____

City _____ State _____ Zip _____

Club Affiliation _____

Phone Number _____ Email _____

- Single Occupancy: \$399
- Double Occupancy: \$299 I would like to room with: _____
- I need a ride – please contact me.
- I am available to drive – please contact me

Make Checks payable to: **FJMC – Midwest Region**
Mail to: **FJMC Midwest Region, c/o Paul Glaser, 7N615 Cloverfield Circle, St. Charles, IL 60175**

Need more information? Just ask Retreat Co-Chairs
Paul Glaser, pauljayglaser@sbcglobal.net, or Mark Givarz, alymark@sbcglobal.net



Stimulating Leadership, Innovation & Community