



ST. CHARLES
BORROMEO
CATHOLIC PARISH

Whole Hearted Wellness Seminar

May 4, 2024

9:30 a.m. to 3:30 p.m.

**Saint Charles Borromeo
Parish Center**

**7112 S. 12th Street
Tacoma, WA 98465**



Whole Hearted is a parish wellness seminar developed by Catholic Charities, USA.

It is designed to help participants:

- **Recognize the impact of traumatic, painful times** and assess their own current response to the impact.
- **Use prayer and other spiritual practices** as sources of strength and renewal.
- Privately **identify the intentional work needed to move forward.**

This seminar is being presented as part of the Mental Health and Wellness Ministry for Saint Charles Borromeo Parish which includes: Regina Puratich – Nurse Practitioner (Chairperson), Craig Schlattmann – Licensed Clinical Social Worker, Lois East – Masters in Social Work, and Tom East – Master of Arts in Religious Studies (Parish Staff).

See reverse side for instructions to register.

Registration Form

Whole Hearted - Parish Wellness Seminar Saint Charles Borromeo Parish - May 4, 2024

Please print: Name(s)_____

Email address_____ Phone _____

Mailing address_____

Return this form by May 1st to:

Tom East, Saint Charles Borromeo Parish * 7112 S. 12th Street, Tacoma, WA 98335

Or, you can register by phone by calling: 253 564-5185 x 3037.

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Register
online using
this link ->



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