

REFORM

An Invitation to *Christ-Centered Wellness*



STS. ANNE & JOACHIM CATHOLIC CHURCH ♦ FARGO, ND

SATURDAY, APRIL 1 ♦ 8 AM - 1 PM

Schedule

8 am | Holy Rosary

8:30 am | Holy Mass

9:15 am | Reform Seminar

10:45 am | Break

11 am | Holy Hour

12:30 pm | Q&A

1 pm | Fellowship

Retreat led by Reform Wellness



JACKIE MULLIGAN

CEO (Chief Eucharistic Officer)
& Foundress of Reform Wellness



DR. BRIDGET VANDER WOUDE

Reform Lead Consultant

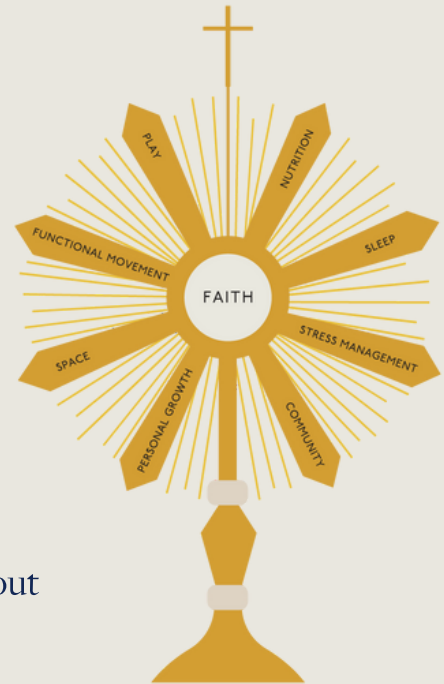
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REFORM

Reclaim *your health and identity* in Christ

- 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*.

🌐 reformwellness.co | 📷 [@reform_wellness](https://www.instagram.com/reform_wellness)