

**“WHO AM I?”
A WOMEN’S CONFERENCE**

**Sponsored by the
National United Women’s Societies for the
Most Blessed Sacrament of the Polish National Catholic Church**

**Erie Courtyard Marriott and Bayfront Conference Center
Erie, Pennsylvania**

October 18 – 21, 2017

Day 1 - October 18

3:00pm – 6:00pm	Conference and hotel check-in
Dinner	On your own
7:30pm – 9:00pm	Conference welcome and overview Myers-Briggs exercise

Day 2 – October 19

8:00am – 9:30am	Morning Prayer and Breakfast
10:00am – 11:00am	“Self-care: Me, Myself, and I” – Dr. Donna Yarri
11:15am – 12:15pm	“The Dangers of Stress”
12:15pm – 1:30pm	Lunch
1:30pm – 2:30pm	Activity time Roundtable discussions Personal meditation Simplicity
2:45pm – 3:45pm	Journaling – suggested topics provided
4:15pm – 5:00pm	Activity time – choose from the following: Yoga class, Zumba clas, Whirlpool, or Group / individual walk
5:30pm – 7:00pm	Dinner
7:00pm – 9:00pm	Pray the Rosary Panel discussion – let’s hear your questions concerning Church

Day 3 – October 20

8:00am – 9:30am	Morning Prayer and Breakfast
9:30am – 10:30am	“Caring of Family” – Dr. Donna Yarri
10:30am – 11:30am	Activity time Short story book club group discussions
11:30am – 12:15pm	“Family Impact of Addiction and Enabling”
12:15pm – 1:30pm	Lunch
1:30pm – 2:30pm	Activity time – share your talents Coloring, painting Knitting, crocheting Writing, singing, cooking
2:45pm – 3:45pm	“Care of the Community and Church” – Dr. Donna Yarri
4:15pm – 5:00pm	Activity time – choose from the following: Yoga class, Zumba class, Whirlpool, or Group / individual walk
5:30pm – 7:00pm	Dinner
7:00pm – 9:00pm	Activity time Movie with discussion Fun and reflection

Day 4 – October 21

8:00am – 9:30am	Morning Prayer and Breakfast Conference evaluation
9:30am – 10:00am	“Putting it all Together” – Dr. Donna Yarri
10:00am	Departure