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Full Name

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Address

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City/State/Zip Code

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Phone

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Email

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Room Mate Name(s)

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Room Mate Name(s)

Please list food allergy or restrictions:

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Mail Check & Registration:
Wisconsin Conference of SDA
Attn: Women's Retreat

PO Box 100

Fall River, WI 53932



Join us for a Biblically-grounded exploration into our mind, how it works, what factors can help us improve it, and how understanding this can make us successful in our relationships, careers, and spiritual wholeness.



# Things to Bring

- Bible
- A friend
- An open mind
- A submitted will
- A surrendered heart
- Sleep bag, twin sheet, and pillow
  - Blanket
  - Towel/Toiletries
- Jacket/Sweater/Outdoor Wear
  - Sneakers
  - Several changes of clothes
    - Ear plugs
    - Umbrella

### Meet our Speaker



Dr. Brauer has served as the Health Ministries Director for the North American Division of Seventh-day Adventists since 2016. She holds a Doctor of Public Health (DrPH) degree in Nutrition from Loma Linda University School of Public Health and a Master of Health Science (MHS) in Epidemiology from the Johns Hopkins Bloomberg School of Public Health. She previously worked at the Seventh-day Adventist Guam Clinic as wellness director and dietitian, and at the Johns Hopkins Bloomberg School of Public Health as a senior research assistant. In 2023, she was recognized as one of 15 "Women of Faith on the Frontlines" by the US Department of Health and Human Services. As a public health epidemiologist, her role at the NAD includes producing health content on a variety of topics, championing the work of health professionals, training lay members, providing health resources and mentorship for college students, advising NAD administrators on health-related issues, facilitating collaboration among Adventist organizations, and communicating with governmental leaders on the Adventist Church's health initiatives. Dr. Brauer believes that healthy living should be practical, understandable, and enjoyable for everyone. She believes that comprehensive health work includes physical, mental, social, and spiritual wellbeing, and that all of us have a vital part to play in ministering hope and wholeness to our communities. She enjoys going on adventures with her husband Jonathan and puppy Ella, coming up with new recipes, working on craft projects, teaching, brainstorming about ministry, and playing with her nieces and nephews.

# Theme Scripture

Romans 15:6 "so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ."

## Topics

Friday Evening: Real Hope for Restoration Scripture: Ephesians 4:23 "And be made new in the spirit of your mind"

Saturday: Jesus, Emojis, and Me Scripture: John 11:35 "Jesus wept"

Saturday Evening: The Brain Architecture Game

Scripture: Lamentations 3:21 "But in my mind I keep returning to something, something that gives me hope."

Sunday Morning: A Meeting of Minds Scripture: 1 Peter 1:13 "So, prepare your minds for service and have self-control. All your hope should be for the gift of grace that will be yours when Jesus Christ comes again."

#### Weekend Rate

Registration Fee: \$89.00 per person

Registration rate includes lodging for two nights, three days and five meals plus snacks. Those that require a private room may inquire at Pioneer Motor Inn in Westfield (608) 296-2135.

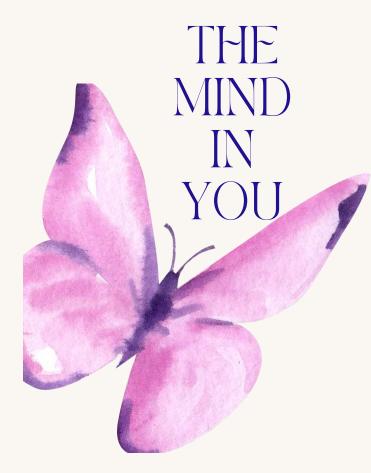
### Meetings & Meals

On Friday, March 7, registration will begin at 4:30 p.m, followed by a light supper with the first meeting starting at 7:00 p.m. The main meetings and delicious meals will be held in the warmth of Fireside Lodge. Dorm style lodging at the Hickory or Red Pine Lodge with beds and hot showers. For questions, please contact

Deb Egger (715) 928 - 2605 womensmin@wi.adventist.org

### Retreat Location

Camp Wakonda W8368 County Hwy E Oxford, WI 53952 Wisconsin Conference of Seventh-day Adventists 2025 Women's Ministries Spring Retreat



March 7-9, 2025 at Camp Wakonda

Guest Speaker:

#### Angeline D. Brauer, DrPH, MHS, RDN

Health Ministries Director North American Division of Seventh-day Adventists