

Registration Information

Name

Address

City/State/Zip

Phone

E-mail

Registration fee: \$25 per person

Mail form and fee to:

Donna Brown
Central-Southern Illinois Synod
524 South Fifth Street
Springfield, IL 62701

Registration Deadline:

March 12, 2010

WHO

Participants in the
ELCA Board of Pensions
Medical Program

WHEN

March 22, 2010
2:00—8:45 PM
March 23, 2010
8:00 AM—12noon

WHERE

First Lutheran Church
250 W Decatur Street
Decatur, IL 62622
Phone: 217.423.7783

WHAT

An opportunity to get away, relax and share. Are you curious about how to live a centered life, as a whole person of God, then this day is for you! You will deepen your understanding of healing and wholeness. You will examine how to live a simple, yet abundant life. You are invited to discover the wellness tools available to you through your ELCA Board of Pensions. And you will return home renewed and inspired for the journey!

WHY

- Æ Earn \$150 Wellness Dollars and a jump start on \$300 additional.
- Æ Create Significant Savings for you, your congregation, your synod and church-wide.
- Æ Preaching series and wellness ministry resources.
- Æ Gain greater benefit from your benefits (financial, health and more)
- Æ Continuing Education.
- Æ Healthy Leaders Enhancing Lives!
- Æ Food Fun and Fellowship throughout our time.

Items to Bring with You

- Æ Your Health Assessment Password (opportunity for completing the Health Assessment, but you will need to establish your password prior to coming)
- Æ Your Health Plan ID card. (i.e. Blue Cross/Marsh)
- Æ Your laptop computer. (if you have one)
- Æ Your 2010 Board of Pensions benefit packet (especially the GO! Challenge!)
- Æ Comfortable/casual attire

Tear Here

Sponsored by the ELCA Board of Pensions
Guest Presenter: The Reverend Phil Blom

Tentative Agenda

Monday, March 22

- 2:00 PM Registration, Gather & Health Assessment
- 2:30 PM Opening Worship—
an interactive journey using the Wholeness Wheel as our guide—
sharing the peace and communion
- 3:45 PM Break
- 4:00 PM “That You May Be Well”
A conversation of living well “being well...to do”
- 5:30 PM HA, HA, settling in...
Refresh, laugh, talk, walk
- 6:00 PM Evening Nourishment
- 6:45 PM Bishop’s Hour
- 7:45 PM Evening Music with John Ylvisaker—Psalms and Ballads for the Journey of Life and Ministry
- 8:45 PM Relaxation and Refreshments

A New Day Dawns

Tuesday, March 23

- 8:00 AM Breakfast at your motel
- 9:00 AM Tools for Living and Serving Well “Wellness Tools—How can your ELCA Pension and other benefits program help you live well?”
- 10:45 AM Stretch and Pray
- 11:00 AM Devotion and Departure

Hotel Information Info from motels.com

All these motels include breakfast (either continental or full) and are in the vicinity of Hickory Point Mall which is 3-4 miles north on Route 51 from the church. Call 1-800-741-5662 (motels.com) or contact the motel of your choice to make a reservation.

2-Star motels and approximate cost

- Baymont Inn—\$52+
- Days Inn—\$55+
- Ramada Limited—60+
- Comfort Inn—\$70+
- Fairfield Inn—\$90+
- Hampton—\$93+

3-Star motels and approximate cost

- Country Inn Suites—\$77+
- Fairfield Inn—\$90+

Questions / Concerns

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Director for Evangelical Ministry and
Assistant to the Bishop
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The ELCA Board of Pensions
Presents...

Living Well

March 22 - 23, 2010

