



## *Give Yourself the Gift of Care*

Replenish your spirit • Connect with others  
Friendly conversations  
Pray and reflect on our walking trail  
Treat yourself

Join us at the Caritas Christi Center!

**Saturday, April 28, 2018**  
**8:30-11:30 am**

**Sponsored by the Caritas Christi Center**  
295 Benham Street, Hamden CT

RSVP/questions to Anna Ramirez (Allard)  
[momsmorningoff2018@gmail.com](mailto:momsmorningoff2018@gmail.com)

*Come as you are*  
Stay an hour or two.  
Just show Up.  
\$10 for the morning.

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