



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REFLECT REFRESH RESTORE

Fueling Your Faith Retreat  
YMCA CAMP POTAWOTAMI

Sunday, September 24th  
1:00 – 7:30 pm

- The Fueling Your Faith event includes a four-hour retreat at beautiful YMCA Camp Potawotami where participants are given training and time to put into practice renewing Christian principles of rest, solitude, silence, and reflection.  
**Address: 7255 E 700 S, Wolcottville IN, 46795**
- The training will be led by Brenda Janks, the founder of Run Hard Rest Well, a ministry that teaches people how to restore margins in life in order to be refreshed to love, care and serve.
- The retreat concludes with dinner together after the training, and the evening will end with s'mores around the campfire. Training includes snacks, a t-shirt, time to hike the trails or relax by the lake, and more!

**1 pm: Check-in**  
**1:30 pm: Retreat Welcome & Intro**  
**6 pm: Dinner**  
**7 pm: Campfire**

**Ages 16 & older—\$20 per person (\$25 if register after Sept., 8th)**  
For families with children, fun activities will be provided for ages 4 through 15 during the training.

Register online at [www.coleymca.net](http://www.coleymca.net) or call 260-347-9622  
For questions or more information, please contact Lisa Walter, Business Manager, at 260.347.9622 or [businessmanager@colemca.net](mailto:businessmanager@colemca.net). This event is open to all YMCA members and to the whole community.

Run Hard.



Rest Well.