

THE ESSENCE OF ASSISI

VOLUME 16 • NUMBER 1

SEPTEMBER - DECEMBER 2025



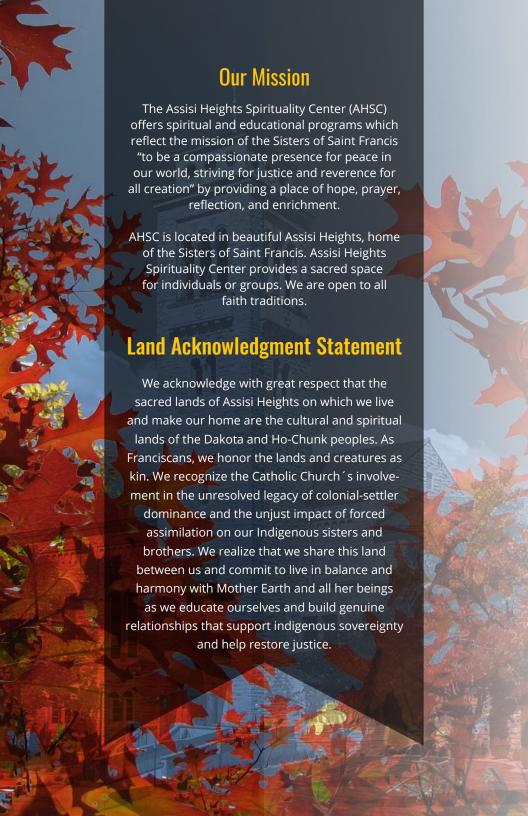


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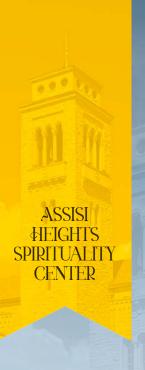
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Sign up for our weekly email newsletter by going to rochesterfranciscan.org/ spirituality-center and clicking on "Get Our Newsletters."





Let's be social!

Spread the word about our programs by liking and following us on Facebook and Instagram.

THE ESSENCE OF ASSISI

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ASSISI HEIGHTS SPIRITUALITY CENTER

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The Essence of Assisi is published semi-annually by the Sisters of Saint Francis - Rochester, MN.

If your address changes, you'd like to receive our digital newsletter, or be removed from our mailing lists, email ahsc@rochesterfranciscan.org or call 507-280-2195.



To use the QR codes in this catalog, open the camera app on your smartphone and point it at the code. When a yellow button appears, tap it to go directly to our events calendar: rochesterfranciscan.org/events. Check back often, as we will add more programs throughout the season.

Images are courtesy of Assisi Heights Archives, Pexels, or Pixabay, unless otherwise noted.

STRESS

We're all living with stress—often more than we realize. From endless decisions to concerns about our planet's future, the weight is real. For those with less privilege, stress is even deeper—rooted in financial, housing, and food insecurity.

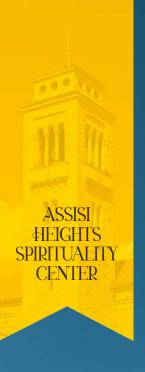
Thankfully, in Rochester, MN, we have access to a sacred oasis at Assisi Heights. Whether you walk or drive up the hill, peace greets you. Even a short visit can offer calm. If you have more time, explore our fall programs focused on stress relief and spiritual connection—whatever that looks like for you.

From prayer and meditation to art, yoga, and self-reflection, we invite you to make space for yourself. Bring a friend and share the experience. Our gifted local teachers and presenters offer experiences that range from creative expression to deep rest. Some require imagination; others just a blanket and an open heart.

We'd love to hear from you—what does spirituality mean to you? What kinds of programs would nourish your spirit?

Assisi Heights welcomes all faith traditions and all seekers. Wherever you are on your journey, you are welcome here.





THINGS TO KNOW

Our programs are held in several different spaces inside Assisi Heights as well as outside when weather permits. We also hold programs virtually, via Zoom, and sometimes classes are hybrid. Go to our website for more information about each program, including a more detailed description, what to wear and bring, and where to park.

REGISTRATION

- Please register as early as possible. This helps us plan for a more successful program.
- Please register online with a credit card at rochesterfranciscan.org.
 Click on "Events" in the top menu.
- To pay by check or cash, mail in the form on page 39. Checks can be made out to Sisters of Saint Francis.
- You will receive a reminder email in advance of the event with parking instructions for in-person events and Zoom information for virtual events.
- Contact us by emailing: ahsc@rochesterfranciscan.org or call **507-280-2195**.

PRICING

Our programs are priced to be inclusive and also to pay instructors a rate that respects their expertise, work, and time. Some instructors generously donate their time; for others, these classes are part of their livelihood and professional calling. Scholarships may be available to help offset the cost of a program or retreat. Please email ahsc@rochesterfranciscan.org to inquire about scholarship availability.

Donations fund scholarships to those in need and provide fair compensation to our instructors—ensuring our programs remain accessible, enriching, and led by passionate, qualified facilitators. You can give at rochesterfranciscan.org/donate-ahsc.

BRING A FRIEND BONUS!

Spiritual growth is even more meaningful when shared. Register for any program with a friend and both of you will receive a warm welcome—and a coupon for a free future class! Just let us know when you check in that you're attending with a friend, and we'll get you both a pass for a free class.

FALL OPEN HOUSE

Please join us for an open house on Saturday, September 13, between 10:00am and 2:00pm. Snacks will be provided, and you'll have a chance to meet our teachers and presenters, learn more about our programs and see our beautiful space!

EVENT TIMES All programs listed are in the Central U.S. Time Zone.

CANCELLATION When an event is cancelled, we will email or call you using the contact information you provide at registration. If we do not reschedule the event for a later date, your registration fee can be refunded in full.

Special considerations for in-person events: since Assisi Heights is home to the Sisters of Saint Francis, we ask that you monitor yourself for any symptoms of illness. If you have symptoms, please refrain from attending.

- Indicates a virtual option. We use the free Zoom application for our events.

 Download the application in advance of your event or program to ensure enough time to create an account.
- Indicates that a light meal and beverages will be provided.



SACRED EARTH, SACRED LIFE

Sunset Labyrinth Walk: An Autumn Reflection



SATURDAYS, SEPTEMBER 20, 27 & OCTOBER 11 | 6:30-7:30PM

\$20 (EACH SESSION) | IN-PERSON

INSTRUCTOR: DAWN MARIE JACOBSON, MD

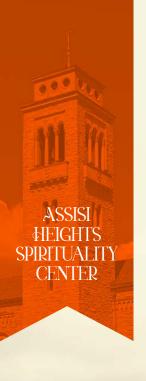
Experience the quiet serenity of an autumn evening with a meditative walk on the Assisi Heights labyrinth. As the sun sets, this simple, unadorned walk invites you into stillness, gratitude, and personal reflection in the midst of the natural beauty of the season and the sacred path beneath your feet.

Blessing of the Animals sunday, october 5 | 1:00-2:00PM FREE | IN-PERSON



All pets are welcome—whether they walk, waddle, or fly! Join us for the annual Blessing of the Animals to honor the joy and companionship your pet brings. Each animal will receive a blessing and certificate.

Please bring pets in cages or on short leashes.





HEALING THE HEART, MIND, AND BODY

Our connection to all things on Earth is a reflection of our spiritual responsibility to honor all creation. This category invites us to experience nature as sacred, reminding us that caring for the environment is a form of reverence and gratitude for the life we've been given.

HEALING THE HEART, MIND, AND BODY



Yoga Series

SERIES I: WEDNESDAYS, SEPTEMBER 10 - OCTOBER 15 | 9:30-10:30AM SERIES II: WEDNESDAYS, OCTOBER 29 - DECEMBER 10 | 9:30-10:30AM

\$65 (EACH 8-WEEK SERIES) | IN-PERSON

INSTRUCTOR: PATRICIA BARRIFR

Yoga strengthens the body's balance, flexibility, and resilience—while also supporting the mind and spirit. This six-week class series includes gentle movement, breath work, and reflection and is suitable for the adult beginner as well as those experienced in yoga who wish to deepen their practice.

Sound for Wellness: A Sacred Pause for the Soul

THURSDAY, SEPTEMBER 11 | 6:30-7:45PM **FRIDAY, OCTOBER 17** 6:30-7:45PM **TUESDAY, NOVEMBER 18** I 6:30-7:45PM

\$35 (EACH SESSION) | IN-PERSON

INSTRUCTOR: MARIA VOORHEES-REINCKE



Step out of the chaos and into calm with this deeply restorative sound meditation. Crystal and Tibetan singing bowls, chimes, drum, and other healing instruments, will help guide you into a peaceful state of relaxation and balance. Each session reflects the season's energy—offering space to slow down, let go, and reconnect with yourself. No experience is necessary—just bring a yoga mat, blanket, and an open heart.

Sacred Confidence: Tools for Inner Growth and Courage

THURSDAYS, SEPTEMBER 18 - OCTOBER 9 | 6:30-8:00PM

\$100 (4-WEEK SERIES) | IN-PERSON

INSTRUCTOR: MELISSA HINDERMANN



This heart-centered class offers simple, soul-nourishing practices to help you cultivate confidence from within. Through guided reflection, mindful awareness, and hands-on soul-centering activities, you'll learn to quiet the voice of self-doubt, honor your inner strength, and show up with greater authenticity and ease. Come as you are; bring your willingness to grow; gain practical tools to carry your confidence into daily life.

Reducing Stress with Presence

MONDAY, SEPTEMBER 22 | 6:00-7:00PM

\$30 | IN-PERSON

INSTRUCTOR: DEVON PIPERS



If you're alive today, chances are you're feeling stressed—from work, relationships, daily news, or just keeping up with life. But stress doesn't have to run the show. In this 60-minute workshop, get simple, effective habits from a master meditation teacher to reduce daily stress, respond calmly when it arises, and recognize triggers before they escalate. Through guided meditation, you'll learn and try out practical "anchors" to help you stay grounded and build lasting habits for a calmer, more balanced life.

Introduction to Vedic Chanting Series

TUESDAYS, SEPTEMBER 23 - OCTOBER 14 | 6:00-7:00PM

\$50 (4-WEEK SERIES) | IN-PERSON INSTRUCTOR: PATRICIA BARRIER



Discover the beauty and power of ancient Sanskrit mantras through the sacred practice of Vedic chanting. Rooted in oral tradition, these chants offer timeless guidance for inner peace, well-being, and spiritual growth. In this series, you'll learn three foundational chants using the traditional listen-and-repeat method—no experience, musical ability, or Sanskrit knowledge required. Bring an open ear and heart. All are welcome.

Introduction to the Enneagram

TUESDAYS, SEPTEMBER 23 - OCTOBER 14 | 6:30-8:00PM

\$100 | VIA ZOOM

INSTRUCTORS: AUDREY LUCIER AND STEVE SPILDE

A partnership with the Franciscan Spirituality Center in LaCrosse, Wisconsin.

The Enneagram is a powerful tool for understanding ourselves and others, based on nine unique personality styles. In this introductory series, you'll explore the strengths and challenges of your style and learn how to grow beyond automatic patterns. You'll also gain insights into how to better understand people with different styles. The class is offered via Zoom and includes an online assessment to support your journey of self-discovery.

Please note: registration deadline is September 10.

Mindful Speaking: Overcome Anxiety and Present with Confidence

THURSDAY, SEPTEMBER 25 | 6:00-8:00PM

👊 \$50 | VIA ZOOM

INSTRUCTOR: LINDSEY BLACKHURST



You've mastered your content—now master your delivery. If public speaking triggers anxiety or self-doubt, this workshop is for you. Learn how to use mindfulness techniques to manage presentation nerves, stay grounded, and speak with clarity and confidence. Through guided practice and with practical tools, you'll walk away with short- and long-term strategies to transform anxiety into a calm, focused presence. Perfect for professionals, educators, and anyone ready to feel more at ease in front of a crowd.

Reducing Stress for Teens

SATURDAY, SEPTEMBER 27 | 9:00AM-12:00PM

💶 \$60 | VIA ZOOM

INSTRUCTOR: LINDSEY BLACKHURST



School can be stressful, especially when tests and presentations pile up. This workshop for teens teaches mindfulness techniques to manage anxiety and boost confidence. Learn practical strategies to stay calm, focused, and grounded—both in the moment and over time. With hands-on practice, you'll leave feeling more prepared to face academic pressure with ease.

HEALING THE HEART, MIND, AND BODY

Sound Bath

MONDAY, OCTOBER 6 | 6:30-7:45PM SUNDAY, NOVEMBER 2 | 6:30-7:45PM SUNDAY, DECEMBER 7 | 6:30-7:45PM

\$35 (EACH SESSION) | IN-PERSON INSTRUCTOR: BARBARA ANDERSON



The full moon is a powerful time of heightened energy, reflection, and release—an ideal moment to let go of what no longer serves you. These sessions, scheduled close to the full moon, include a brief guided meditation followed by an immersive sound bath using instruments to promote physical, emotional, and spiritual well-being. Lie down or sit comfortably as the harmonic vibrations help restore balance and calm. Please bring a mat, blanket, or pillow.

T'ai Chi Chih 8-Week Series

CONTINUING: MONDAYS, OCT 13 - DEC 15 (NO CLASS 10/20 OR 11/24) | 6:00-7:00PM CONTINUING: TUESDAYS, OCT 14 - DEC 16 (NO CLASS 10/21 OR 11/25) | 11:00AM-12:00PM

BEGINNING: THURSDAYS, OCT 16 - DEC 18 (NO CLASS 10/23 OR 11/27) | 5:30-7:00PM

\$55 (8-WEEK SERIES) | IN-PERSON INSTRUCTORS: JUDY TROUSDELL

T'ai Chi Chih is a moving meditation that circulates and balances your inner energy, or "chi," through nineteen gentle, meditative movements and one final pose. Benefits include improved flexibility, balance, general health, and a greater sense of calm and joy. In the beginning series, you will learn and practice all 19 movements and the final pose in 8 weeks. The continuing series is for those who have already learned the form; we will work on movement questions for about 15 minutes, followed by a full practice.

Seokmum-Hoheup

THURSDAYS, OCTOBER 30 - NOVEMBER 20 | 6:00 - 7:00PM

\$40 | IN-PERSON

INSTRUCTOR: DR. PAUL MIN, PH.D.

Have you ever wondered how to maintain a calm, meditative state more consistently? This extended workshop explores natural, lower belly diaphragmatic breathing as a way to support overall well-being and long-term brain health. Through hands-on practice, you'll learn how to shift everyday breathing patterns in a sustainable, enjoyable way. Whether you're continuing from a previous session or joining for the first time, this workshop offers valuable tools for deepening your practice. Please bring a yoga mat.

Rest & Rewire: A Holiday Season Yoga Nidra Series

TUESDAYS, NOVEMBER 25 - DECEMBER 16 | 6:30-7:30PM

\$50 (4-WEEK SERIES) | IN-PERSON

INSTRUCTOR: KANDICE SHAW

As the holiday season stirs busyness and stress, this four-week Yoga Nidra series offers a space to rest and reconnect with what truly matters. Yoga Nidra is a guided practice of



deep rest that calms the nervous system and gently supports inner transformation. Each session combines Nidra with breathwork, gentle somatic release, and sacred sound to nourish body and spirit. No movement is required—just come as you are and enjoy the comfort of stillness. Reclaim your inner clarity in a season that often asks too much.

"The Franciscans have impacted my life profoundly. I really enjoy taking the variety of classes they have here. As a retired teacher, I know how important your surroundings are. Whether I am taking classes outside in the midst of nature, or inside in the historically beautiful setting, it's all been a positive experience for me.

~ MELINDA HOLTEGAARD



≈ SEPTEMBER 2025 ASSISI HEIGHTS SPIRITUALITY CENTER

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	Wednesday	3	10 Voga Series PAGE 11	и	24	
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-	Monday		88	15 Awaken Your Creative Spirit —PAGE 27	22 Reducing Stress with Presence—PAGE 12	29
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OCTOBER 2025 ASSISI HEIGHTS SPIRITUALITY CENTER

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	Monday		3 Making Friends with Death & Dying— PAGE 23 Get Out of Your Head— PAGE 24	10	17 Listening as Spiritual Transformation—PAGE 32	24	
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DECEMBER 2025 ASSISI HEIGHTS SPIRITUALITY CENTER

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COMPANIONSHIP ON THE JOURNEY

Kula and Sound Bath

THURSDAYS, SEPTEMBER 18, OCTOBER 9 & 30, NOVEMBER 20 | 9:00-10:00AM

\$30 (EACH SESSION) | IN-PERSON INSTRUCTOR: PATTY STUPCA

Join us for a unique class that blends conversation, meditation, and sound healing. We'll begin with a guided meditation, followed by a Kula—a warm, welcoming group discussion on thought-provoking topics that support personal growth and mindfulness. The class concludes with a relaxing sound bath featuring instruments like drum, gong, and wind chimes to deepen your meditative experience.

Making Friends with Death & Dying

MONDAY, NOVEMBER 3 | 6:00-7:00PM

\$30 | IN-PERSON

INSTRUCTORS: DEVON PIPARS



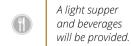
This workshop is led by a professional meditation teacher who sat at the feet of an Enlightened master in the Himalayas of India for 4 years to confirm the undying nature of the Self/Spirit/Soul. She is also a Mayo-trained hospice volunteer working one-on-one with dying patients and facilitating grief groups for those who have lost loved ones. We will look directly at our ideas and concepts of death and unpack our fears about it — because darkness can't remain in the presence of the light. Please come ready to share and participate in discussion in this safe, non-judgmental space.

Get Out of Your Head

MONDAYS, NOVEMBER 3-24 | 5:30-7:30PM

\$125 (4-WEEK SERIES) | IN-PERSON

INSTRUCTOR: PEGGY PAUL



We all carry invisible baggage—those internal narratives whispering that we're not good enough, ready enough, or worthy enough. In this four-part series, we'll work together to unpack the limiting beliefs that quietly sabotage progress. Each session includes a centering exercise, meaningful group discussion, and guided reflection prompts (given in advance) to help you explore where your "head trash" comes from and how to release it for good. Come as you are—this is a supportive, confidential space for women to connect, grow, and reset together. A journal will be provided for your reflections, and a bonus virtual check-in session in January will help you stay aligned with the tools you gained in this series.



COMPANIONSHIP ON THE JOURNEY

"The Spirituality Center offers such a wide variety of programs to choose from. There is something for just about everyone. I have participated in many programs over the years and taught in some related to our Compassionate Rochester group. I have particularly enjoyed Qigong indoors in the winter and outdoors in the summers. Assisi Heights is such a beautiful place to spend time. As soon as I drive into the driveway, I come to peace."

~ DEB NEWMAN





Omni Drumming FRIDAY, SEPTEMBER 26 | 6:15-8:15PM

FREE | IN-PERSON

ROCHESTER'S OMNI DRUMMERS



Our world longs for peace—both within and globally. This outdoor program invites us to make "community" an action through shared prayers and drumming at sunset. Drumming offers a powerful way to connect with one another, nature, and the Creator. Please bring a drum or rhythmic instrument and a chair for this meaningful evening experience.

Awaken Your Creative Spirit: A 12-Week Journey Through The Artist's Way

MONDAYS, SEPTEMBER 15 - JANUARY 12 | 11:00AM-12:00PM

FREE* | IN-PERSON (NO CLASS 10/20, 11/3, 11/10, 11/24, 12/22 12/29)

INSTRUCTOR: CHRIS ARMSTRONG

Rediscover your creativity in this supportive 12-week series based on Julia Cameron's The Artist's Way. Through weekly discussions, journaling, and exercises, you'll explore key themes like confidence, abundance, and possibility—no artistic experience needed.

Each session offers time for reflection, conversation, and gentle guidance to help you overcome creative blocks and reconnect with your inner artist. Bring a journal and an open mind as we grow together in a safe, welcoming space.

^{*}Donations are encouraged and will be sent to support the work of The Landing MN.

Art Chat tuesday, september 16

TUESDAY, OCTOBER 7
THURSDAY, NOVEMBER 13
9:30-11:30AM OR 6:30-8:30PM

\$50 (EACH SESSION) | IN-PERSON

INSTRUCTOR: FLAINE PARDI



Boost your creativity while deepening self-awareness, joy, and meaningful connection. Through the beauty of watercolor, we'll explore art as a tool for expression, emotional well-being, and communication. Includes a mini communication assessment and all supplies.

Free Flow Movement

THURSDAYS, OCTOBER 2, NOVEMBER 6, DECEMBER 4 | 6:00-7:30PM

\$30 (EACH SESSION) | IN-PERSON INSTRUCTOR: PATTY STUPCA

This class is intended for anyone who likes to move to music and is interested in self-expression, tension release, and self-discovery.



Flow freely with lights off and eyes open or closed, while video projections play. Connect to both recorded music and live drum sounds and rhythms as you move in your space to release emotions and boost endorphins. The instructor will provide guidance and examples of movement. Includes a gentle warm-up and a closing circle.

Writing Workshop: Personal Stories and Memoir

MONDAYS, OCTOBER 27 & DECEMBER 15

5:30-8:30PM

\$100 (2 SESSIONS) | IN-PERSON

INSTRUCTOR: PAM WHITFIFI D



A light supper and beverages will be provided

Your personal story has power. Every writer has a wealth of stories stored, stashed, half-forgotten. A good idea is one that tickles your memory bone; it also makes you ask yourself questions and explore new territory. Let's mine your memories in this workshop. We will kick-start 2-3 new pieces that can become short essays or evolve into longer works in Session I. We'll revise work and present our favorites in open mic fashion during Session II.

Simple Watercolor Florals saturday, NOVEMBER 8 | 10:00-11:30AM

\$50 | IN-PERSON

INSTRUCTORS: AMY KRAUSE



Discover the gentle art of floral watercolor painting as a form of mindfulness and spiritual reflection. In this calming class, you'll learn watercolor techniques while connecting the physical motion of painting with the quiet wisdom in your heart. No experience needed—just a willingness to slow down and be present.



FAITH IN ACTION

Spirituality is not only contemplative it's also active. These programs invite us to live out our values in service, justice, and compassion, embodying faith through meaningful action in the world.

What is a Cojourner?

TUESDAY, SEPTEMBER 16 | 6:30-7:30PM

FREE | IN-PERSON

INSTRUCTOR: TERI SANNEMAN

Cojourner is the name given to a lay associate with the Sisters of St. Francis. Cojourners are adult men and women who may be single or married and are from various professions and faith traditions. Cojourning describes a relationship in which individuals and the Sisters of St. Francis believe in similar values, share common interests and participate in prayer, ministries and justice activities in the spirit of Francis, Clare, and Mother Alfred.

Come with questions for a panel of Cojourners and Sisters and find out what it is like growing spiritually and in faith alongside women religious.



Listening as Spiritual Transformation: An invitation to explore the Spiritual Direction Preparation Program

MONDAY, NOVEMBER 17 | 6:30-8:00PM

FREE IN-PERSON

PRESENTER: STEVE SPILDE

A partnership with the Franciscan Spirituality Center in LaCrosse, Wisconsin.

Do you long for deeper connections
with your friends and loved ones?
Are you ready for personal transformation?
Do you seek a deeper relationship with the Divine?
Does your spirit yearn for something more?

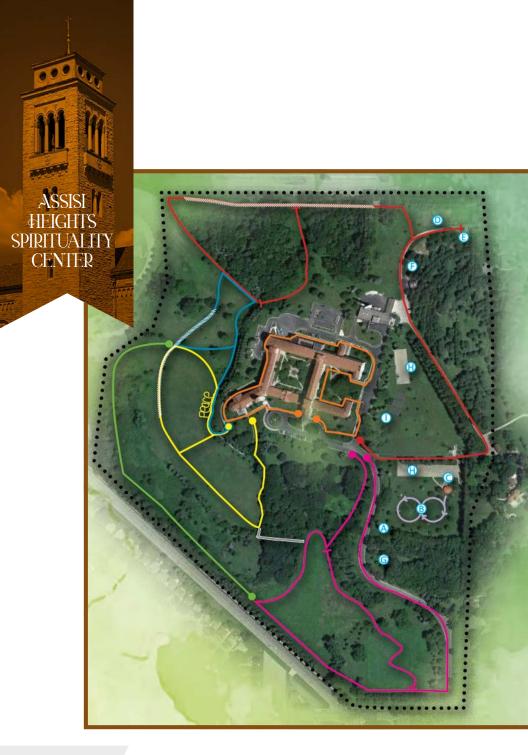
The Spiritual Direction Preparation Program is a three-year formation program at the Franciscan Spirituality Center in La Crosse, Wl. Participants prepare to serve as spiritual directors in their communities or work settings, but many participants find it to be so much more than preparing for a role. This is an opportunity to deeply examine your beliefs, and an invitation to connect with God in new and more personal ways. Develop strong and lasting relationships with fellow members of the cohort, examine broken areas of life to begin healing, develop a greater capacity for staying present in times of suffering and nurture a new appreciation for life and your place in the world. Learn more about the role of a spiritual director to discern if this training may be for you.



"I love this place. And I love what is offered here. It is unique in terms of the subjects that are offered, and the experience. But most important is that when you you drive up, you have left one place, and you come into a present state of quiet reflection — to learn, to be open, to experience new things."

~ PATRICIA BARRIER





MAPS, DIRECTIONS, REGISTRATION

Walking at Assisi

Assisi Heights is the sacred home of the Sisters of Saint Francis, a place of peace and reflection. The Sisters have generously opened their land and parts of the building to the public—please visit with respect, reverence, and gratitude for their home.

Our walking paths are open to the public between sunrise and sunset from January through mid-April and June through mid-September. Stop in at the Assisi Heights lobby and pick up a map of the trails and a walking pass, as our security and other staff may ask to see it. Pets are



- Umbrian Stroll
- Clare Path
- Canticle Park
- Prairie View
- Peace Walk
- Francis Trail
- Assisi Walkway (paved sidewalks)

\\\\\ Steep Hills

- · · · Assisi Heights Boundary
- (A) Labyrinth
- **B** Canticle Park
- **C** Gazebo
- D Umbrian Garden
- **E** Compost Bins
- (please do not disturb)
- G Grotto
- H Permeable Paver
 Parking Lot
- Solar Panels



Directions



FROM THE SOUTH

FROM US-52 N

Take ELTON HILLS DR/19TH ST NW, EXIT 56C. At traffic light merge RIGHT onto Assisi Drive. Turn LEFT at 14th St/11th Ave NW traffic light. Assisi Heights' entrance is directly on your LEFT.

FROM THE NORTH

FROM US-52 S

Take the ELTON HILLS DR/19TH ST NW exit, EXIT 56C. Take a LEFT over the bridge. Turn RIGHT onto Assisi Drive. Turn LEFT at 14th St/11th Ave NW traffic light. Assisi Heights' entrance is directly on your LEFT.

FROM THE WEST

FROM US-14 E

US-14 E becomes CIVIC CENTER DR NW.
Turn LEFT onto 11TH AVE NW. Turn RIGHT onto 14TH ST NW.
Assisi Heights' entrance is directly on your LEFT.

FROM THE EAST

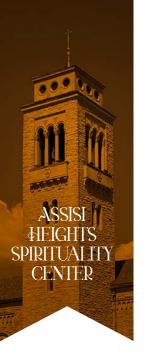
FROM I-90 W

Take US-52 N, EXIT 218 toward Rochester.

Take Civic Center Dr NW, Exit 56A toward Mayo Clinic.

Turn LEFT onto 11TH AVE NW. Turn RIGHT onto 14TH ST NW.

Assisi Heights' entrance is directly on your LEFT.



Additional Programs

Yoga Basics

MONDAYS, SEPTEMBER 22 - NOVEMBER 3 | 3:30-4:30PM

INSTRUCTOR: CHRISTA WORRELL

Modern Calligraphy Brush Lettering for Beginners

WEDNESDAY, OCTOBER 1 | 6:00-7:30PM

INSTRUCTOR: AMY KRAUSE

Gongfu Tea Class

MONDAY, OCTOBER 6 | 9:30-10:30AM

INSTRUCTOR: LANSE KYLE

Self-Compassion Retreat

SATURDAY, OCTOBER 18 | 9:00AM-3:00PM

INSTRUCTOR: TERRI ALLRED

Take Back Your Wellbeing: Understanding the Impacts of Social Media

A collaboration with Rochester Community Education

SATURDAY, OCTOBER 25 | 10:30AM-2:00PM

Qigong

MONDAYS, OCTOBER 27 - DECEMBER 15 | 10:30-11:30AM

INSTRUCTOR: BONNIE SOKOLOV



Be sure to visit our website frequently, as programs will be added.

Scan this QR code or go to **www.rochesterfranciscan.org/events** to see our up-to-date events calendar and to register.

REGISTRATION INSTRUCTIONS

MAIL THIS FORM AND PAYMENT TO:

Assisi Heights Spirituality Center 1001 14th Street NW Rochester, MN 55901



REGISTER ONLINE AT:

www.rochesterfranciscan.org and click on "Events"

ProgramTitle:				
Program Date:				
Name:				
City:	State:ZIP:			
Phone:	E-Mail:			
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QUESTIONS? Call: 507-280-2195

Email: ahsc@rochesterfranciscan.org



Scan here to go to our website for more information.



Find us on Facebook and Instagram!



