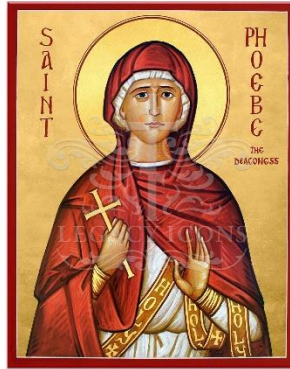


**Phoebe's Friends  
Day of Reflection**



**Saturday, October 26, 2024 – 9 am – 3 pm  
St. Padre Pio Chapel, 114 Frank Dimino Way, Rochester NY 14624**

Phoebe's Friends has planned a wonderful day of reflection for you! Our speaker, Angela Kristan (wife of deacon Michael) will present a talk, "Aging with Grace" in the morning. After lunch we will have a presentation on Catholic self-care and mental health by Emily King (daughter of Elena Kiley) and a community outreach service project. Come for all or part of the program.

Registration: Rose Marie Lombard [rmlomb43@gmail.com](mailto:rmlomb43@gmail.com)/585-506-2569 cell

Bernadette Rall [brall4@naz.edu](mailto:brall4@naz.edu)/585-545-8470  
725E Cedar Rock Rd, Webster, NY 14580 (if mailing, include form below)

Fee: \$20, lunch included. Checks payable to Bernadette Rall (can mail to Bernadette or bring to Day of Reflection)

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**Day of Reflection**

**October 26, 2024**

Name \_\_\_\_\_ Email \_\_\_\_\_

Dietary restrictions: \_\_\_\_\_

Check for \$20 enclosed – made out to Bernadette Rall, 725E Cedar Rock Rd, Webster NY 14580