

**REGISTER**  
**HERE**

**Open to all  
Loyola Staff!  
No PTO needed.  
\$25**

# STAFF WELLNESS RETREAT



Yoga, Meditation, Sound Bath  
Nature Walk, Mindfulness

Single rooms, meals & reception included

LUREC Retreat & Ecology Campus  
(Limited transportation available)



**November 13-14**



**Sponsored by Staff Council and Human Resources**