

SAVE THE DATE

You are invited to a virtual event celebrating the importance of play. Join with UMW sisters from Iowa and West Ohio as we renew and nurture our spirits.

The Blessings of PLAY

Saturday, November 13

2:00-3:30pm ET

1:00-2:30pm CT

Why play?

A cheerful heart is good medicine, but a broken spirit sags a person's strength. Proverbs 17:22

Playing is as sacred as music and silence. Like prayer, laughter and play can be healing to the mind, body, and soul. When we play, we leave behind stressors and allow our spirit to breathe and renew.

**Registration starts on
October 1**

**Sponsored By
Iowa/West Ohio
United Methodist Women**