

Sample

Schedule for the Day

10:00 *Arrival – Welcome, Introductions, orientation*

10:30- *Artistic Expression*

11:30 *Movement Meditation*

12:10 *Lunch in Dining Room*

1:00 *Walking the Labyrinth or other reflective session*

2:00 *Creating terrarium or other project with nature*

2:30 *Closing Prayer*

3:00 *Departure*



Yes, please count me in as a co-sponsor for Step Away Program.

Name\_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_Zip\_\_\_\_\_

email\_\_\_\_\_

Amount\_\_\_\_\_

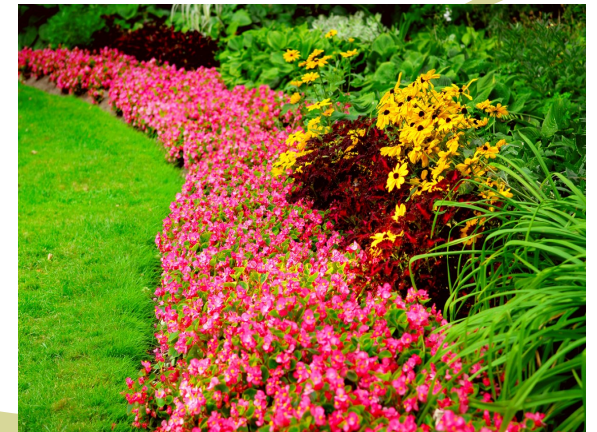
Cash \_\_\_\_\_ Check \_\_\_\_\_

Make check payable to Sisters of Saint Joseph.

SSJ Earth Center

9701 Germantown Avenue  
Philadelphia, PA 19118

## Step Away for a Day Program of S.S.J. Earth Center



Please join us in  
our mission by  
co-sponsoring a woman  
or the program.

Cost of each program is \$800

Cost per person = \$40

Cost includes transportation,  
meals, materials and presenters.



## What is “Step Away for a Day” ?

Step Away for a Day is a program of the Sisters of Saint Joseph Earth Center for women in impoverished situations to enjoy a day apart from their stressful lives. Often, these women do not have the means to afford the opportunities to learn holistic methods of stress reduction, healthy eating and artistic expression of emotions.

Volunteer artists, medical professionals, health practitioners and women religious offer their expertise as presenters. The women have said they never knew anything like this was possible! Some experience drug-free stress reduction for the first time in a safe atmosphere.

The women come from treatment centers, women’s groups, residential facilities and impoverished neighborhoods in Philadelphia.

The cost of such a day includes van transportation, materials for the projects, a nutritious meal, and a modest donation for the use of the facility. The Sisters of Saint Joseph, sponsors of the Earth Center, are hosts for the day held at Mount Saint Joseph Convent.

Step Away for a Day is a time for reflection, artistic expression and holistic health for women in impoverished situations.



“ This day gave me a new appreciation of my own gifts. I wish you could do this more often.”

Participant in Step Away