

# WOMEN'S REFRESH

An Overnight Retreat  
at Camp Onomia

## November 4-5, 2022

Our annual women's retreat begins with dinner at 6 pm on Friday and runs through 3 pm on Saturday. Lodging will be in our year-round retreat center, double occupancy rooms with private bathrooms. Please bring your own bedding and toiletries. Pastor Nancy Hong, guest speaker.

**Cost: \$94** one night, 3 meals, program, second night option available. See web for details,

## Health and Wholeness

Body... Mind... Spirit

Proverbs 3:8 "It will be a healing for your flesh and a refreshment for your body."

It is time to gather again to

**ONOMIA**  
[www.CampOnomia.org](http://www.CampOnomia.org)

Renew!

Reconnect!

Restore!

Register Online at

[www.camponomia.org](http://www.camponomia.org)

by Oct. 31st

or with group, mail your registration with name, address, phone number, and check to Camp Onomia, 14202 Shakopee Lake Road, Onamia, MN 56359 320-532-3767 email: [camponomia@gmail.com](mailto:camponomia@gmail.com)