



St. Paul Hands in Service presents:
Be Well in Soul, Mind & Body

by Jill Hoven RN, BSN

Feeling out of balance? Looking for purpose, how to live healthier &/or remember the little things of life?

Join us for a discussion with Jill Hoven, founder & director of MemoryMinders Wellness Services, on what it truly means to Be Well in Soul, Mind & Body!

St. Paul Lutheran Church

701 Washington Ave. Grafton

Saturday March 7, 2015

9:00-10:30 AM

Free to the public

Bring your gently used adult/child prescription eyeglasses, readers or non-prescription sunglasses to a collection for an international outreach

A free will donation benefitting the St. Paul Hands in Service group is appreciated

Advanced Registration suggested
by March 5, 2015

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