

## U of R Women

Monday, October 7 from 2:30-4:30 pm.

Join Erin Campbell Howell for a walk in her labyrinth.

There is no charge.

You may choose to make a donation or bring food for snack after the walk. The labyrinth is in Disley, 30 minutes north of Regina.

If anyone is unable to walk the labyrinth (over 60 steps) they can be seated and use a hand- held paper labyrinth.

“The labyrinth is a meditative path - a good place to work through a transition or topic in your life.”



A signup sheet will be available at the Welcome Back or contact Sue Mitten at 306-731-3270 or [smitten@hotmail.com](mailto:smitten@hotmail.com)

More details will be provided later.