



♥ May is the Month of Mary ♥

Please join us for a special HSM
Mother/Daughter SoulCORE Class

Saturday
May 18th @ 10:00am
in the Menard Gym

RSVP: MenardPTC@holysaviormenard.com

✦ WHAT IS SOULCORE? ✦

+ SoulCORE is a movement that pairs core strengthening, stretching and functional movement with the prayers of the Rosary.

+A sensory experience combining candlelight, music, scripture and movement to encourage deeper reflection on the virtues of the Rosary.

+Led by Kim Roberts, SoulCORE Instructor & HSM Mom

✦ WHAT DO I BRING? ✦

+your mother, daughter, sister, friend... or just yourself!! Prayer & Community is our goal!!

+An exercise mat & a water

+Wear comfortable clothes

+\$10 suggested donation for those able

+All donations will benefit HSM Campus Ministry 🙏💕

"Where two or three gather in my name, there am I with them." ~Matthew 18:20