



# Lenten Women's Retreat

FRIDAY, MARCH 22 – SUNDAY MARCH 24, 2024

Register at:

[http://portal.campnetwork.com/Register/Register.php?camp\\_id=397695](http://portal.campnetwork.com/Register/Register.php?camp_id=397695)

\$125 for the Weekend

(\$50 for Saturday only)

**Keynote Speaker: Presbytera Krista Fedorchak, MS, RD**

Pres. Krista is an Orthodox Christian, wife, and registered dietitian offering Christian faith-based insights into caring for body and soul alike. She completed her studies in nutritional science at Cornell University. Informed by a non-diet eating approach and rooted in the wisdom of the Orthodox faith, Krista works together with clients on a path towards healing their relationship with food and accomplishing health goals through small, sustainable lifestyle changes. Catch her on the Ancient Faith Radio Podcast: Food Freedom through Christ, or on Instagram @theorthodoxdietitian.



**Also attending: Archbishop Michael**

**For more information**

Call: 315-868-4138 or

Email: [kristy@saintandrewscamp.org](mailto:kristy@saintandrewscamp.org)