



Self-Love Day Retreat: Nourish Mind, Body & Soul

February 15, 2025 | 10 a.m. - 5 p.m. | Miller Marriott Charity Home

Curated by Britta Kramer of Private Palate + Kristen Freeman

Experience a transformative day dedicated to uplifting your overall well-being and offering you rejuvenation, rest & renewal for a cause. Proceeds from each attendee's ticket benefit NAMI Southeast Wisconsin to support access to important mental health tools, resources and support.

- Mood-Boosting, Anti-inflammatory Brunch to support Mental Clarity and Well-being
- Eating for Mental Health Workshop
- Mindfulness Practices, All Levels Yoga and Yoga Nidra
- Immunity + Wellness-Enhancing Elixirs, Teas & Coffee
- Facial or Neck Gua Sha for Stress Relief and Lymphatic Health
- Change The Mood Chocolate Pot Interactive Dessert Workshop
- Time for Intention-Setting, Vision Boarding, Journaling, Reflection, and Rest
- Bespoke Swag bags

**Space is limited for this nourishing & purposeful event.
Learn more & reserve your spot:**

selfloveretreat.givesmart.com or scan the QR code below.

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 **NAMI** | Southeast
Wisconsin
National Alliance on Mental Illness