



ReFresh

with Kate White

RETREATS CONFERENCES CONCERTS

Discover the **JOY**

Of living a **BALANCED LIFE**

physically, emotionally,

and **spiritually.**

Come **weary**, leave **rested...**

Come **rested**, leave **refreshed.**

ReFresh Events are designed to **create room for God** so that we can **hear His voice** and **rest in His presence.**

We will explore His heart for us in living a balanced life, as Kate shares **valuable insights** on how to be more attentive to our physical, spiritual and emotional well-being.

Options include: **weekend retreats**, one day conferences, or an **extended night of worship** with guided meditations from the Scriptures woven in.

"We love Kate and her ministry. We've had her come to our church as a Guest Artist multiple times and her retreats (Leaving A Legacy and ReFresh) have been both restful and powered by the Holy Spirit."
Women's Director, Centralia Church Of The Nazarene, Centralia, WA

CONTACT:

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Sample session outlines available upon request.

For video and music samples, visit:
www.katewhitemusic.com