

# SAVE THE DATE

You are invited to a virtual event celebrating the importance of play. Join with UMW sisters from Iowa and West Ohio as we renew and nurture our spirits.

The  
**Blessings**

of

**PLAY**

**Saturday, November 13**

**2:00-3:30pm ET**

**1:00-2:30pm CT**

## Why play?

A cheerful heart is good medicine, but a broken spirit sags a person's strength. Proverbs 17:22

Playing is as sacred as music and silence. Like prayer, laughter and play can be healing to the mind, body, and soul. When we play, we leave behind stressors and allow our spirit to breathe and renew.

Registration starts on  
October 1

Sponsored By  
Iowa/West Ohio  
United Methodist Women