

FILLING THE CAREGIVER'S CUP: CAREGIVERS WELLNESS RETREAT DAY

**Come for a day meant just for you. . .
caregivers, nurses, practitioners. . .
Come restore, renew and fill your cup within.**

**Tuesday, October 13, 2026
10:00 AM — 4:00 PM**

COST: \$60

Arrival: 9:00 - 9:30 AM Continental Breakfast

The day includes lunch and concludes with Mass at 3:00 PM



**Caregiving can leave you feeling empty and depleted.
*This retreat will offer a spaciousness to breathe and restore
oneself by the ocean. There will be time for prayer, reflection,
meditation, and experiential practices, reconnecting you with
the inner wisdom of your mind, body and spirit.***



Presenter: Sherri Hunkins

Sherri Hunkins has been a hospice caregiver, hospital chaplain, retreat facilitator, and educator. Presently, Sherri ministers on the Pastoral Care Team at St. Joseph Villa on the memory care unit. Sherri loves being a caregiver and knows it can be both grace-filled and exhausting.

SAN ALFONSO RETREAT HOUSE
755 OCEAN AVE., LONG BRANCH, NEW JERSEY 07740
732-222-2731, ext. 140

TO REGISTER:

Online: www.sanalfonsoretreats.org/2026-events
or complete registration form on reverse side and mail with a check.

REGISTRATION FORM

SAN ALFONSO RETREAT HOUSE
755 Ocean Avenue
Long Branch, New Jersey 07740
(732) 222-2731 ext. 140
E-mail: info@sanalfonsoretreats.org

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*To register, complete registration form and mail with your **\$60 fee** to
San Alfonso Retreat House at the
address above.*

You may also register and pay online at www.sanalfonsoretreats.org

PLEASE PRINT:

Last Name: _____

First Name: _____

Street Address: _____

City: _____

State: _____ Zip Code: _____

E-mail: _____

Cell Phone: (_____) _____

Home Phone: (_____) _____

Work Phone: (_____) _____