



## January 30-February 1, 2009

The cost of *The Light Weigh* Retreat at Malvern is \$275.00 per person double occupancy. This includes all meals, lodging and the retreat. To register, please contact the Malvern Retreat Center at:

**610-644-0400**

Or register online at:

**[www.malvernretreat.com](http://www.malvernretreat.com)**

**Space is limited!**

*Reserve your spot now for this lifestyle changing weekend!*

*The Light Weigh* Retreat will begin:

### Friday, January 30, 2009

Check-in between 5:00 and 6:00 pm

Dinner will be served at 6:30 pm

\*Suzanne's first talk 7:30-8:30 pm

**"Dieting Outside the Box"**

Mass 8:45 pm

Sweet Dreams

### Saturday, January 31, 2009

Breakfast will be served at 7:30 am

\*Suzanne's second talk 9:00-10:00 am

**"Real Food~Real Life"**

**"Overcoming the Struggle"**

Break 10:00-11:00am

*Light Weigh* Testimonials 11:00-11:45 am

Lunch will be served 12:00-1:00 pm

\*Suzanne's third talk 1:30-2:30 pm

**"Sunflowers in the Snow"**

Break 2:30-4:30 pm

Mass 5:00 pm

Dinner will be served 6:00 pm

*Light Weigh* Spiritual Manicure

7:00-7:15 pm

*The Light Weigh* Rosary 8:30 pm

in the Chapel

Sweet Dreams



### Sunday, February 1, 2009

Breakfast will be served 7:30 am

\*Suzanne's fourth talk 9:00-10:00 am

**"More than a Friend"**

Book signing 10:00-11:00 am

Checkout 11:00-12:00 pm

\*Times subject to change

The Malvern Retreat Center is located 10 minutes away from either Valley Forge State Park or King of Prussia Mall. It is 30 minutes away from the Philadelphia International Airport and may be reached by train located near the airport or shuttle bus. Note: If coming by train please notify Malvern for pick up, as it is a healthy walk!

For more information on how best to reach the Malvern Retreat Center visit their website: [www.malvernretreat.com](http://www.malvernretreat.com)

For more information on *The Light Weigh* visit our website: [www.lightweigh.com](http://www.lightweigh.com) or call 1-877-589-3444

# *The Light Weigh*

## *Fresh Start Retreat at Malvern*

*January 30 ~ February 1, 2009*



*Suzanne Fowler, author and founder of The Light Weigh, pictured above with Sue who has lost "57 pounds and counting" on The Light Weigh.*

*This January is the perfect time of year to get your focus for the rest of the year! It will be after the Epiphany, the Christmas decorations are put away, snow may be quietly falling in the Pennsylvania woods. January is the perfect time for a healing and transforming weekend retreat, to focus uninterrupted on our Lord and the Church He founded personally.*

*The 125 acres of wooded, rolling hills at the Malvern Retreat Center beckon you. The newly built McShain Horstman Family Life Center awaits you in the beautiful Pennsylvania countryside.*



*I want to extend my personal invitation to each of you to give yourself the gift of this retreat. The Malvern Retreat Center is known for their hospitality and spirituality. The Malvern chef is preparing recipes from my cookbook that will be served in the red heart balloon festooned dining room. I will be bringing treats for your place at dinner. Saturday night after dinner we will be doing the Light Weigh Spiritual Manicure and then pray the Rosary together in the chapel. Water, cookies and fruit will be available each evening. You will be fed on both levels.*

*I am giving new talks and I am going to do live eating examples! This will be a retreat to remember. I am committed that The Light Weigh Retreat at Malvern will not be exhausting and fast paced, but truly restorative. You will have time; time to reflect upon the talks, time to pray, time to be with Jesus, time to listen to the whisperings of the Holy Spirit to your heart and time to absorb the beautiful natural surroundings. You will have time to just "be".*



*The Malvern Retreat Center is the largest Catholic Retreat Center in the nation and the second oldest. Visit the grotto shrines located on the 125 acre grounds, spend time in the chapel, reflect as you look at the meditation garden through the chapel windows, gather near the enormous fireplace or spend time with Sacred Scripture. The moment you enter the Malvern grounds you will see that God has set aside this beautiful place for healing and transformation.*

*I'm praying that I see  
You at Malvern!*

*Suzanne* 