

# WEEKEND SCHEDULE

## FRIDAY 1.15.2021

8:00AM - 6:30PM

Welcome & Free Counseling Sessions  
by a Licensed Psychologist

6:30 - 7:30PM

Registration

7:30 - 9:00PM

**Session 1** Tema: Mental Health

9:00PM

Feja Members Meeting

## SABBATH 1.16.2021

8:00 - 8:45AM

Desayuno (Breakfast)

9:00 - 11:00AM

**Session 2** Tema: Recharging My  
Spiritual Life

11:00AM - 12:00PM

*Spiritual Life Workshop*

12:00 - 1:00PM

Almuerzo (Lunch)

1:00 - 3:00PM

Break / *Basic Skin Care Workshop*

3:00 - 5:30PM

**Session 3** Tema: Emotional Health  
*Emotional Health Workshop*

5:30 - 6:30PM

Cena (Supper)

7:30 - 9:00PM

Fun Activity

## SUNDAY 1.17.2021

8:00 - 8:45AM

Desayuno (Breakfast)

9:00 - 11:00AM

**Session 4** Tema: Physical Health  
*Physical Health Workshop*

RECHARGE  
MIND + BODY

