

*“Donna Marie knows from experience  
what it takes to recover.” - JH*

## **You Can Sponsor A Widow's Tale Retreat!**

**An Affordable and Effective  
Program Designed for Widows  
by a Widow**

**Help Widowed Women in Your Area  
Recover From Loss  
and Rebuild Healthy, Vibrant Lives**

*“A widow needs all the support she  
can get and who better to encourage  
her than someone who truly  
understands her hurt?” - PP*

## **WHAT DOES A HOST OR SPONSOR DO?**

A host provides a space for the day-long retreat (usually a community building or fellowship hall) and promotes the program to women in the area by distributing fliers and brochures that are provided by the retreat. A Widow's Tale is a day-long retreat. All leadership, retreat materials, a catered lunch and snacks are provided by A Widow's Tale. You can host a retreat with as few as 10 women or as many as 25. The price for each participating woman is \$129. A group can also choose to fully sponsor a retreat for a flat fee. Call 828-407-6023.

*A Widow's Tale Retreats*  
103 Orchard St.  
Black Mountain NC 28711

*Host  
Widowed Women  
in Your Area!*

**SPONSOR**

# *A Widow's Tale Retreat*



**Helping Widows Recover from Loss  
and Rebuild Healthy, Vibrant Lives**

# "A Widow's Tale" Retreat

No one wants or plans to be a widow. But the US Bureau of Census reports that 700,000 women are widowed in our country every year. *A Widow's Tale Retreat* was designed by a widow, for other widows, to meet this great need.

When Donna Marie was 55 and her son was 16, her husband died. She knew she needed more than sympathetic casseroles and cards to recover. However, there were few resources available to help her rebuild a new life. It would take more than a healthy mind, to not only recover, but thrive. So she researched how to be healthy in every aspect of her life. She found great information about nutrition, exercise, finances, spiritual practices, mindfulness and positive psychology that helped her rebuild her life.



Donna Marie Todd

To share this newfound knowledge, she made a retreat: *A Widow's Tale*. During this fun and informative day-long program, participants experience a process of powerful story-sharing and discovery. Throughout the retreat, they will receive the encouragement of other women and the tools and strategies they need to rebuild a vibrant life.

**"Donna Marie is an excellent presenter.  
The program is so well-designed."**

Retreat Participant Donna Null

**"It's worth the time to do this  
when you want to move forward."**

Retreat Participant Anne Anderson

Most people, while well-meaning, do not understand what a widow really needs to move on with their life.

**Here's the good news!  
There are proven strategies  
widowed women can use to  
recover their sense of self,  
reclaim their health,  
and rebuild a life with love!**

*A Widow's Tale Retreat* provides a sacred space where widows share their stories and build supportive community. They learn strategies for improving their health by focusing on wellness instead of disease and examine the importance of play, purpose and self-awareness in rebuilding a vibrant life!

**"Excellent and empowering!  
Be open - try this!"**

Retreat Participant Cappy Tosetti

The retreat provides a space for widows to reflect on what brings them joy and make a game plan to bring that joy into their lives! They will redefine who they are without the other and learn from each other. As they form a supportive, understanding community, they will share laughter, great ideas and stories.

**"What I liked was not only the  
sharing with other widows, which is  
SO wonderful, but also receiving  
the expertise of a widow leader.  
I would tell other widows to GO!"**

Retreat Participant Susan Smialowicz

**"This is extremely valuable to widows  
at any stage of their grieving."**

Rev. Sally Woodard

According to post-retreat surveys, all of the widows who have attended this retreat say they found it valuable and would recommend it to fellow widows.

*A Widow's Tale Retreat* is designed to be affordable, informative and fun! The retreat registration fee is all-inclusive and covers all retreat materials, leadership, lunch and snacks.

**"I had no idea of what to expect but  
found the retreat to be fun and  
informative. I was reluctant  
to spend the money but I found the  
retreat to be worthwhile."**

Phyllis Parker

**"It was just wonderful and the  
participants formed an  
immediate community."**

Mary Soyenova



Developed with a grant from the

