



# Exhale

## Women's Group

In celebration of Women's Health Month, the OLL Health Promotions Ministry will host weekly sessions for women at Lourdes to connect and reset.

**Time: 9:30a-10:15a (Between Masses)**

**Location: Lourdes Cafeteria**

### **Session Schedule**

**May 3rd: The Superwoman Schema- Exhaustion and Redefining Rest**

**May 17th: Changes- Physical, Mental, and Emotional**

**May 24th: Boundaries Without Guilt**

**June 7th: Sustaining Peace**

**Child Care and Light Breakfast will be available!**

For More Information, Contact  
**[OLLHealthPromotionMin@gmail.com](mailto:OLLHealthPromotionMin@gmail.com)**



# THE YALE SPIZZWINKS

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## MOTHER'S DAY CONCERT AT OUR LADY of LOURDES

FEATURING

**The World's Oldest  
Underclassman A Capella Group**

With Lourdes' Own - **Brennan Ujda**

**MAY 10, 2026 | 4:00 PM**

25 Boulevard NE, Atlanta, GA 30312

Founded in 1914, the Yale Spizzwinks are the oldest collegiate underclassmen a cappella singing group - an extraordinary musical tradition, coming to Atlanta.

**GET TICKETS**

[dub.sh/LourdesWinks](https://dub.sh/LourdesWinks)

Questions? Contact Brennan Ujda  
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