



CATHOLIC DIOCESE
of FORT WORTH

ANNUAL
DIOCESAN APPEAL
CATHOLIC *stewardship* IN ACTION

CANA COMMANDMENTS

Marriage Retreat

A one-day retreat for couples to deepen their marital bond through the lens of the ten commandments. Presented by Dana Nygaard, a Licensed Professional Counselor, speaker, wife, and mother. Her unique blend of cognitive Behavioral Therapy techniques, authentic Catholic spirituality, and a splash of humor provide her clients and audiences with practical solutions that have life-changing effects.

Cost per couple \$30 | lunch included
www.fwdioc.org



Guest speaker
**DANA
NYGAARD**

Saturday, September 14, 2024

Holy Family Catholic Church
6150 Pershing Avenue
Fort Worth, TX 76107

SCAN TO
REGISTER

