

RESURFACE 2025

Renew Your Mind, Body & Soul – Christian Women’s Event

Join us for Resurface: Renewing Your Mind, Body & Soul, a powerful event designed to nourish every part of your life so you can fully step into God’s purpose. **Jody Sandmann** will share her journey of overcoming addiction and mental illness, helping us care for our mind. **Natalie Heckert**, inventor of Club E Fit, will teach us how to strengthen and care for our body. **Sara Severson** will lead us in praise and worship, while **Deb Hadley** will help us build a strong foundation in Christ, both guiding us in renewing our soul. Come be refreshed, encouraged, and equipped to live the life God has called you to!



Jody Sandmann

Presenter:
Caring for Your
Mind



Natalie Heckert

Presenter:
Caring for Your
Body



Deb Hadley

Presenter:
Caring for Your
Soul



Sara Severson

Praise & Worship Leader
Music for Your
Mind, Body, and Soul

Cost: \$59 per ticket

Purchase 2 or more tickets: \$50 per ticket

- Includes a light breakfast and lunch, a gift bag, inspirational sessions, uplifting music, shopping, fellowship, prayer, and fun.
- Register at: kthumblehearts.org under events or scan the QR code



♥ Sponsored by KT Humble Hearts

Helping women transform their pain into purpose through hope, healing, and faith.