



Tour of Expressions

'Tour of Expressions' - A Traveling Women's retreat focused on enhancing Healthy Women's Affairs.

On August 19, 2017 Hands of Perfection, a locally owned nail salon and spa located in the heart of Kansas City' Brookside neighborhood presented "The Tour Of Expressions," a traveling women's retreat created to inspire, motivate and foster friendships through fellowship.

The event took place at four locations around the Kansas City, Kansas and Kansas City, Missouri areas. The Theme was **GROWING YOUR HARVEST** the women were able to share in expressions of **Serenity, Inspiration, Fitness, and Motivation**. To start the day, continental breakfast was sponsored by Lamar's Donuts.

The first stop was dedicated to **serenity**. The ladies embarked on a tour at Kauffman Memorial Gardens where they were able to see many beautiful items of growth and experience inner peace.

Up next was a private screening of "Miracles from Heaven" a truly **inspirational** movie that was viewed in the Vault located within the KC Public Library.

From there we went into the expression of self-care and **fitness** at Oak Park Mall for the "Shopping Challenge." The ladies had 40 minutes to shop in one of two stores - J.C. Penny and Macy's. They were given a set amount of money for the challenge and each store issued savings coupons and sponsored special giveaways.

After shopping, it was time for **motivational** nourishment at Cooper's Hawk Winery & Restaurant for the luncheon. This part of the day was designed to feed the body, the mind and the soul with inspirational words from Rev. Ester Holzendorf.

The last part of the day was a an expression of celebration and love with a fabulous dessert bar sponsored by Little Bites of Heaven and an exciting raffle full of wonderful gifts from sponsors like Helzberg Diamonds and more.