



CONGREGATION OF BENEDICTINE SISTERS OF PERPETUAL ADORATION

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FOR IMMEDIATE RELEASE

April 20, 2010

Benedictine Sisters enjoy Abbey Trails

CLYDE, Mo.: Members of the Benedictine Sisters of Perpetual Adoration's Clyde community participated in the 15th Annual Abbey Trails 5K Run/3M Walk on April 17.

The event benefits nearby Conception Seminary College's wellness program, which was created in 1987 to support positive health practices in the seminary and surrounding communities by teaching skills needed for physical, emotional and spiritual well being.

The program is open to the public and offers racquetball, aerobics, weight training and other activities.

Pictured are (from left) Sister Nancy Rose Gucwa, OSB, Sister Ruth Elaine Starman, OSB, Sister Pat Nyquist, OSB and a friend of the community.



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