

Rejuvenate your body, mind and soul with us online at **ANOSOULCORE.COM**

IN PARTNERSHIP WITH



ANO
SOULCORE
BODY MIND SOUL

JOYFUL

LUMINOUS

SORROWFUL

GLORIOUS

SPECIAL PRAYER | **STRENGTH** | 0:31:00
LEADER: COLLEEN & DEANNE

SPECIAL PRAYER | STRENGTH

VIDEOS LED BY SOULCORE LEADERS

Free to ANO employees

EMAIL TAWNIA.RIDI@UMR.COM TO REQUEST YOUR ACCESS



A UnitedHealthcare Company

SoulCore is an invitation to integrate body & soul in prayer, fully orienting the heart & mind toward Christ, while discovering the beauty of the rosary.