

FITNESS/REC FALL '22

Wellness Bible Study

"MORE THAN A MOM" BY KARI KAMPAKIS

PRIORITIZE YOUR WELLNESS TO HELP YOU & YOUR FAMILY THRIVE

BIBLICAL PRINCIPLES TO HELP YOU CONQUER ANXIETY
LEARN TO BUILD SPIRITUAL STRENGTH & BALANCE BACK IN YOUR LIFE

NO MATTER WHAT STAGE OR SEASON OF LIFE YOU'RE IN
CAREGIVER | MOM | GRANDMOTHER | SPIRITUAL MOM | MENTOR

Class Begins Aug 30th

TUESDAYS 6:15-7:30 PM
AUG 30 - NOV 1 RM 258

TEACHING LEADER: MICHELLE PETERS

FITNESS WALKERS
5:30 MEET ON TRACK

FITNESS LEADER: DEBBIE BROWN

