

Body & Soul: Health Exercise & Abundant Living Faire

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 1:2



Health: Celebrating Healthy Eating

*Healthy Snacks & Healthy Cooking Demonstration
Glenda Paterson & Toni Piccinini*



Exercise: Building your Temple

*G.O. D. Hiking , Gospel Aerobics, Zumba, Wii
Angela Berry, Auria Styles , & Leon Augustine*



Abundance: Feeding your Spirit

*Healthy Body Bible Study
Lorraine Weatherspoon*



Living: Transforming Your Life

*Eat This Not That – Creating Healthy Habits
Cynthia Strickland & Heneliaka Jones-Trotter*

When: Sunday, October 2, 2011

Time: 11:45 am – 1:00 pm

**Where: Jones United Methodist Church:
Multi Purpose Room**

Free Snacks and Refreshments will be Served

***There will be a raffle with great prizes!
You must be in attendance to win!***

H.E.A.L Ministry – The mission of the HEAL Wellness Project is to promote health and prevent illness through education, referral and service