

Health and Wellness Ministry

"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."

1 Thessalonians 5:23 KJV



JOIN US FOR HEALTHY LIVING

Orientation: Saturday, August 13, 2022

Time: 10:00 a.m.

Showers of Blessings Executive Plaza

7100 Bowling Drive, Sacramento, CA 95823

Our program offers:

- Gospel Walking
- Nutrition and Health
- Extreme Gospel Hip Hop
- Youth Activities
- Low Impact Weight and Gym Training
- Senior Chair Exercise
- Gospel Step and Dancing Exercise
- Yoga, Mindfulness and Meditation



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For more information, please see
Sister Kim Lewin, and Deacon Sol Irving.