

Health and Wellness Ministry



JOIN US FOR HEALTHY LIVING!

"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

Orientation:

Saturday, August 24, 2024

Time: 10:00 a.m.

**Showers of Blessings Executive Plaza
7100 Bowling Drive**

Special Guest Speaker:

Dr. Kristin Gates, Kaiser South

Discussion topics:

- The importance of health and wellness in our community
- Diabetes
- High Blood Pressure
- Hypertension
- Stress
- Diet
- Exercise
- Medications
- How to improve our overall health



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For more information, please see Sister Kim Lewin,
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