

Blossoming Into Health, Wellness & Fitness



A series of Health Awareness Topics coming your way:

Thursday, September 5th - American Liver Foundation

Wednesday, September 25th - Personal Safety Presentation

Thursday, October 3rd - doTerra Essential Oils - Learn all about the Health Benefits and make a roll-on of your choice (\$5.00 per roll-on. $\frac{1}{2}$ off for 1 roll-on to the first 12 to call and register 216-662-8685).

Thursday, October 24th - Learn all about the health and emotional benefits of chocolate!

Thursday, November 14th - Learn all about Seasonal Affective Disorder

Join us for 1 or all 5 sessions. Receive 1 ticket for every session you attend to take a chance on winning \$75.00 Giant Eagle Gift Cards. Attend all 5 sessions and receive an additional 10 tickets! Pamphlets are available at the doors of the Church.

Health Awareness