

# Blossoming Into Health, Wellness & Fitness



*Join us for any of our Wellness Ministry offerings  
for the Winter Season:*

*Tai Chi: Every Wednesday - 12:00 Parish Office*

*No classes: Jan. 3, Feb. 11, Mar. 28, & Apr. 4*

*Walking w/Leslie Sansone DVD's:*

*January 15, 17, 22, 24, 29, 31*

*February 5, 12, 14, 21, 26, 28*



*All these sessions begin at 5:30 in the Parish  
Office. Must register in advance as space is  
limited. Call the Parish Office to register.*



*Fit from Faith - Wellness Conference*

*Saturday, February 10<sup>th</sup>, 11:00 am - 5:00*

*(Day ends with 4:00 Mass)*

*More information and registration to follow.*

*Save the Date: 2018 Health Fair - Saturday,  
April 14<sup>th</sup> 10:00 am - 2:00 pm.*