

# Blossoming Into Health, Wellness & Fitness



**Lung Cancer: Get the Facts and Assessments-**

**Thursday, November 8th; 6:30-7:30, School Cafeteria;**

**Register Online at [www.clevelandclinic.org/ComeLearnWithUs](http://www.clevelandclinic.org/ComeLearnWithUs) or  
contact Jeff Jameyson, Program Manager at 216.312.5640 or [jameysj@ccf.org](mailto:jameysj@ccf.org)**

Tai Chi—Every Wednesday, Noon; Parish Office

Walking w/Leslie Sansone— Most Mondays &

Wednesdays, 4:30 & 5:30, Parish Office

Gentle Yoga—Tuesdays, through November 27th -

6:30pm; \$5.00 per session; Parish Office

**Let Your Light Shine** Talent Show

Registrations now available until November 30th OR  
until all spots are filled; see flyer on website

*(St. Monica's Career Services Ministry and Health & Wellness Ministry)*



*Watch the upcoming bulletins for more  
information regarding each program*