



FIRSTplace

FOR HEALTH

Wellness Workshop

YOUR WELLNESS JOURNEY STARTS NOW

Living strong and healthy is about freedom, not perfection. Join us for a day focused on your wellness.

**Optional Early
Bird Workout
5:00 to
5:45PM**

**May 8, 2019
6:00 to 8:30 PM**

**Crossroads Church
1000 Crossroads Dr
Oakdale, PA 15071**

COST IS \$25

Includes: dinner, material & activities

***price goes up to \$35 after April 17th**

REGISTER ONLINE

www.FirstPlaceforHealth.com

MORE INFO

**Helen Baratta - Dir. of Development
713-574-2280**

helen.baratta@fp4h.com

Helen grew up in the dysfunction of alcoholism, drug addiction, divorce, ending up leading a life far from God. Obese and unable to walk without pain, God transformed her life as she released and now miraculously maintains a 100+ pound weight loss.

Helen is an ACE certified fitness instructor, Dir. of Development with First Place for Health and author of *Restored! Embracing Weight Loss God's Way* and *My Place for Leadership*. Originally from Pittsburgh, Helen is living the dream on the Big Island of Hawaii with her husband, Vince.

Join us as we strive to embrace wellness God's way!

