

It's Coming! Don't Miss It!

Want to DECREASE your weight and INCREASE your faith at the same time? Are you tired of being tired? Would you like to know God in a more intimate way? The answer is coming!

First Place for Health, a Christ-centered total-wellness program, will be offered at **[name of church]**. To find out how to achieve emotional, physical, mental and spiritual wellness, visit the First Place for Health table **[location table will be at church]** today!

First Place for Health groups will begin meeting the week of **[date]** on **[day of the week]** from **[list all times]**. To join, attend the information meeting on **[date]** at **[time]** in **[location meeting will be held at church]**. For more information contact **[your name]** at **[your phone number]** or **[your email address]**.