

SoulCORE

STRENGTHEN BODY + SOUL



Nourish your body, mind & soul with **SoulCore** - a prayer experience that combines the prayers of the rosary with core strengthening, stretching and functional movement. All are welcome.

Visit www.soulcore.com for more information.

SoulCore will be offered on **Thursday evenings** during **February** (7, 14, 21, 28) and **March** (7, 14, 21, 28). This one-hour class will be held in the **Family Chapel** (cry room) of the Main Church at **5:30pm**. Please park in the south parking lot and enter through the sliding doors under the bell tower. *There is no cost*, but for those who are able, a donation may be given to support Deacon Dave's Outreach Ministry program. Dress in comfortable clothing or sportswear and bring a fitness mat if you have one.

No registration necessary. For more information, please contact SoulCore Leader **Lisa Todd** at lisatoddoh@yahoo.com.