

SoulCORE

STRENGTHEN BODY + SOUL



Thursday, February 15, 22, March 1, 8, 15, 22
Family Chapel (cry room) of Main Church
5:30-6:30pm

Join SoulCore Leader, Lisa Todd, to nourish 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 for six weeks on Thursday evenings during Lent beginning February 15. This one-hour class will be held in the Family Chapel (cry room) of the Main Church at 5:30pm. There is no cost, but for those who are able, a donation may be given to support Deacon Dave's ministry. Dress in comfortable clothing or sportswear and bring a fitness mat if you have one.

Contact Lisa Todd at lisatoddoh@yahoo.com for additional information.