



St. Hilary Parish

**JOIN THE VIBRANT
PARISH WELLNESS
TRANSFORMATION
PROGRAM**

5/8/20-8/28/20

www.FitFromFaith.com

VIBRANT PARISH

WELLNESS TRANSFORMATION PROGRAM:

Space is limited to cohort #1 (10 women) & cohort #2 (10 couples). This program is for those who are looking to ditch the diets & create lasting change in mind, body & spirit.

Over the duration of 16 weeks the VIBRANT Parish Program focuses on the following:

Weekly lessons

Behavior changes

Healthy Habits

Purposeful Prayer

Fitness Fundamentals

1:1 Coaching for Individuals

Weekly Team Meetings with Coaches



To register for the 16-week VIBRANT Parish Program email Lindsay@FitFromFaith.com. You must be a member of the parish to register. A free will offering will be accepted throughout the program.

**SEE your body as a temple of the
Holy Spirit**

**FUEL your body the way the Lord
intended**

**LIVE fully alive as God's VIBRANT
disciple**

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