



**FIT FROM
FAITH**

Transforming the Catholic
Mind, Body and Spirit

VIBRANT Parish Wellness Workshop

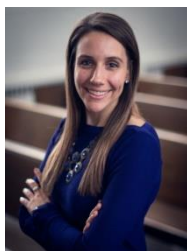
OCTOBER 23RD

St. Hilary Gathering Area

Continental breakfast beginning at 9:00 am

Workshop: 9:30 am to 12:00 pm

\$10 registration fee (deadline Oct. 18th)



LINDSAY
FULLERMAN

Coach
and
Founder

with



FR.
CAMERON
POPIK

In today's modern world people are becoming busier, less active, and unhealthy. It is crucial for Catholics to look towards the teachings of the Church to teach us how to care for the body to live fully alive as integrated persons. In living out a healthy life we can be a stronger gift to those we serve in our mission and God given vocation. Join us as we unpack our call to be healthy disciples!

FIT FROM FAITH Wellness Workshop Registration

NAME_____

EMAIL_____

PHONE_____

Please detach and mail, or drop in the collection basket or Parish Office with the \$10 registration fee.

St. Hilary Parish ♦ 2750 West Market Street ♦ Fairlawn OH 44333 ♦ 330-867-1055 EXT. 200

Attention: Joan Heegan, Parish Secretary