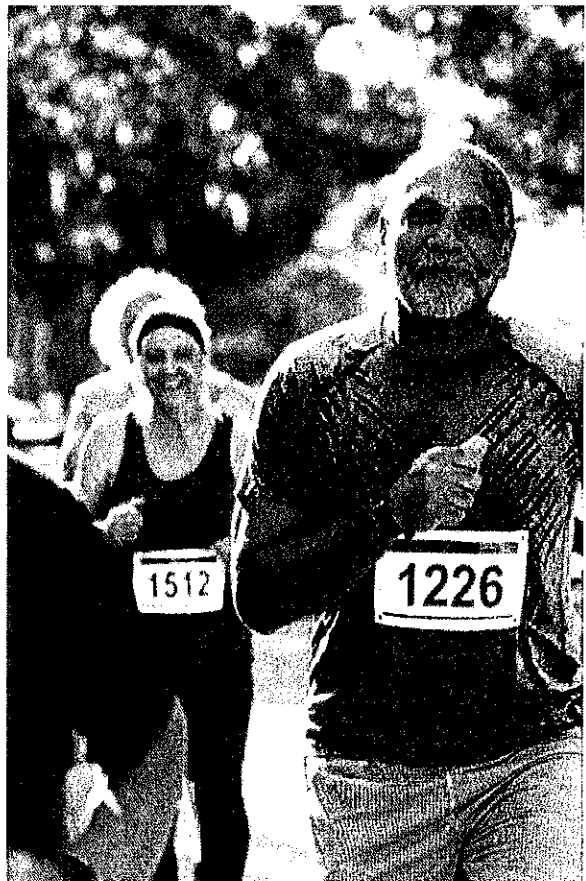


"YOUR BODY IS A TEMPLE OF THE HOLY SPIRIT"



"Whether you think you can, or you think you can't, you're right." -Henry Ford

- Come learn the science backed benefits of exercise and an active lifestyle at all ages!
- You DON'T have to train like an Olympian to decrease your disease risk, improve current health and enjoy the beautiful life God has given you!
- Again! All ages are encouraged and welcomed to participate. (There will be a session for High School students May 11)
- Bring a friend! Let's grow our community and help build each other up!
- I will conduct a brief survey to learn what sorts of activities and events you'd like to see happen at Grace when it comes to improving our health and wellness and strengthening our church relationships.
- "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body." 1 Corinthians 6:19-20

May 4, 2022 7:00 p.m.

Grace Lutheran Fellowship: Gymnasium
7525 32 Mile Rd. Romeo, MI 48065

NATALIE CAMERON

MS-Exercise Science: Wellness and Nutrition

BS-Exercise Science: Fitness Specialist

ACSM- Exercise Physiologist

NSCA-Strength and Conditioning Specialist

Former Athlete

Cancer Survivor

Cell: 586-630-1102 email: natalie.fitness2@gmail.com



MUSTANG & BUFFALO
FITNESS AND HEALTH

By His Spirit. In His Power.