

BODY & SOUL HEALTH & MENTAL WELLNESS DAY



SATURDAY, SEPTEMBER 6TH
9:00 AM - 1:00 PM

MACARTHUR PARK CHURCH OF CHRIST
1907 NE LOOP 410, SAN ANTONIO, TEXAS 78247

FREE SEMINAR!



KEYNOTE PRESENTERS



Dr. Richard Beck
Abilene Christian University



Dr. Keely Petty
San Antonio Texas

SCHEDULE:

- 9:00 a.m. Welcome
- 9:30 "Burnout Busters" with Dr. Keely Petty
- 10:30 Presentations & Fair
- 11:30 Lunch
- 12:00 p.m. "The Shape of Joy" with Dr. Richard Beck



FREE LUNCH INCLUDED
WITH PRE-REGISTRATION
BY 9/1/2025
macchurch.cc/wellness

www.macarthurch.org

JOIN US FOR...

- Blood Pressure Screening
- Oxygen Screening
- Balance Screening
- Free Neck Massages
- I Care
- Diabetes Association of SA
- NAMI
- CASA
- Ransomed Life
- Adult & Teen Challenge
- SACRD
- CHCS
- Irreverent Warriors
- & more