

BODY & SOUL
HEALTH & MENTAL WELLNESS DAY

Why Are you
so
S.A.D?

STRESSED | ANXIOUS | DEPRESSED

SATURDAY, SEPTEMBER 12TH

MACARTHUR PARK CHURCH OF CHRIST

9:00AM - 1:00 PM

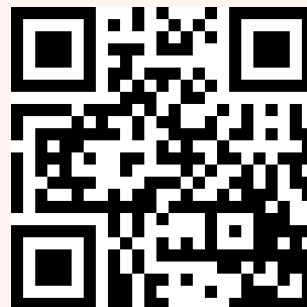
GUEST SPEAKERS:

- **Jason O'Pry**, "Grace for the Brokenhearted: Faith, Suffering & Mental Health"
- **Jesse Lopez**, "Plans Change: Navigating Life Under Pressure"
- **Nicholas Hostein**, "Brush Your Stress Away"

HEALTH CHECK:

- Blood Pressure
- Oxygen Levels
- A1C
- Cholesterol
- Medication Review

**FREE LUNCH
WITH PRE-REGISTRATION**



**MACCHURCH.CC/SAD
REGISTER BY 9/6**

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