

Led by Lisa Wible
Personal Trainer &
Fitness Nutrition Specialist

THE **D**+ANIEL PLAN

GOD'S PRESCRIPTION FOR YOUR HEALTH

Realistic and Relevant Overall Wellness Program
to help you live a healthier lifestyle ...
For a lifetime!

The Daniel Plan: 3 Phases of Wellness

This 6-week series and small group study teaches simple ways to incorporate healthy choices into anyone's life without the "do-it-all-now" approach.

Phase 1 Starts October 15th
6:00—7:30 pm

Daniel Plan Program with:
Meal planning ideas for the holidays

\$20 + price of materials

Hattie Cooper Room
Centennial Hall-Saxonburg

Reserve your spot!
724.996.6428

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