



Starts February 24

Health & Catholic Spirituality

An opportunity to put your New Year's Resolution into Action!

Interested in getting healthy and fit?

Want to know how your Catholic faith plays an integral part in getting healthy and staying healthy?

Then check out our offering of the Health and Catholic Spirituality program!

Led by Alison Connors, Functional Medicine Certified Health Coach and parishioner, and Dr. Andy Kereky, Director of Spiritual Development.

This six-week program combines Functional Medicine with a faith based approach. We'll address 5 pillars of health: Faith, Food, Fitness, Focus, Family/Friends, Living the Lifestyle.

Beginning Sunday, February 24 from 6:30-8:00 PM, we'll meet for six informative and entertaining sessions.

Contact Dr. Andy Kereky to register 871-1100

**Program Fee:
\$35/individual
\$50/couple**