

HEALTH & WELLNESS WORKSHOP!!!

Registration Form

NAME_____EMAIL_____

Address_____City_____

State_____Zip_____ Circle: Male / Female *Shoe size_____

Choose Your Event - *Bicycle race *Groove Bounce *Plank Challenge *Power Stretch

***Save the Date: May 20, 2017 ***8AM – 12PM

Open to Men and Women of all Ages!

@Good Shepherd M.B. Church – 7818 Bonaire St. – Houston, TX 77028

**Come and learn how to lose 5-10 lbs. in 10 days with no exercise!!!

Come and hear why diabetes, heart disease, and hypertension **do not have to be hereditary!!!

**Come and experience ways you can exercise that put less strain on your back, knees, and joints!!!

**WIN PRIZES and be surprised!!! Feel better at any age!!!

**DRESS comfortably, bring water and a towel!!!

****This workshop is not intended to diagnose, treat, cure, or prevent any disease****

**If you would like to volunteer to help, contact Phyllis @ 713-256-7353

BE STRONG - LIVE WELL!!!

We only have "ONE HEART...ONE MIND...ONE LIFE..."