

Mind

Body

Soul

SUMMER

shape-up

**JUNE WEDNESDAYS
5:30-8:00PM**

**CONNECT AND LEARN SOME NEW WAYS
TO LIVE A HEALTHY LIFE - BODY, MIND AND SOUL!**

EVERY WEDNESDAY IN JUNE

**MEAL PLANNING
JUNE 7**

**FORGIVENESS
JUNE 14**

**HEALING FOODS
JUNE 21**

**PRAYING LABYRINTH
JUNE 28**

DOORS OPEN AT 5:30PM - CHILDREN'S PROGRAMMING AVAILABLE

INFORMATION@FIRSTCHURCHMELBOURNE.ORG

SUMMER

Shape-up

June 7- Healthy Meal Planning:

Join Brittany Robinson, Registered and Licensed Dietitian Nutritionist, owner of Zero Altitude Wellness, and part of First Church, for an evening of learning and community. Together Brittany will lead us in making choices for meals that are easy to prepare and nutritious. Leave with menu plans and less anxiety about what to have for dinner!

June 14- Freedom Through Forgiveness

Learn with Dr. Tony Ferretti, author, licensed mental health counselor, and national speaker, and part of First Church, around our human need to give and receive forgiveness. Discussion will include the benefits of forgiveness and why people find it so difficult to forgive, even as Jesus followers. Embracing the process of forgiveness and how it will change your life!

June 21- Healing Foods

Discover with Christy Vergara, MSc., healthy lifestyle and wellness instructor, how scripture supports God's creating of certain plants as medicine. A few of the most researched foods that support the body's natural healing mechanisms will be highlighted. We will explore hands-on how to simply prepare these foods at home in order to maximize their healing properties!

June 28- Praying the Labyrinth

Participate with Rev. Dionne Hammond and others for a powerful experience of walking a prayer labyrinth, an ancient practice dating back to 350AD. Learn how this ancient practice can center your heart and soul on Jesus, calming your mind and renewing your body. With scripture in hand, you will be blessed as you sense the presence of God!

