

Come for an evening of Faith, Fun & Fitness

Join us on
Thursday, March 14th 6:30-8:00 pm
at Family Bible Church

as we learn from Kelly Lovell how to exercise at home and set up a simple work-out area in your own home. She will guide us in some simple exercises and answer some FAQs. We will also be talking about spiritual fitness. There's something for everyone to take away from this evening.

We will enjoy healthy snacks following our "workout"!

Feel free to invite your friends.

Remember:

- Wear comfortable clothing and tennis shoes
- Bring an exercise mat if you have one
- Come ready to learn!