

Becoming a Healthier YOU!



Sunday January 26th

10 am—10:45 am

Come discover your wellbeing score and decide how you will become the best version of you mind body and spirit this year!

Guest Speaker:

Meg Reilly



By The Spirit Ministries Christian Church,
3012 Kaverton Rd, District Heights, MD 20747

Bishop Dr. Anthony Wright, Sr.

www.bythespiritministries.com

Please wear comfortable attire

RSVP to Shirley Wright **240-338-9732** by Friday January 24th