

SAVE THE DATE

“Healthy Temples: Supporting Healthy Minds, Bodies and Spirits”

WHEN: Monday June 12th – Wednesday, June 14th 2017
6:45 – 8:30 p.m. nightly

WHERE: **Covenant Baptist Church**, 140 Richmond Road, Euclid,
Ohio 44143, St. John of the Cross School Building

We are mind, body and spirit. In keeping with the biblical concept of viewing our bodies as the “temple of the Lord,” **Covenant Baptist Church** in collaboration with **St. John of the Cross Catholic Church** and other churches throughout the Greater Euclid, area presents, “**Healthy Temples: Supporting Healthy Minds, Bodies and Spirits.**” This **FREE** three day event will feature:

DAILY: Presentations (for all ages) on the Biblical Concept of supporting healthy minds, bodies and spirits...

Tuesday, 6/13, 7:00 – 8:00 p.m.

**Cleveland Clinic Dietitian, Brigid Titgemeier, RD
to discuss healthy eating and the Daniel Plan**

Wednesday, 6/14, 6:45-8:30 p.m.

Blood Pressure screenings by Cleveland Clinic nurses

Daily games for children, rap sessions for youth, conversations for adults and healthy snacks for ALL!!! For more information, contact Covenant Baptist Church at 216-303-9790 and leave a message.