

Are You Sick & Tired of Being Sick and Tired?

H.E.A.L. WORKSHOP

A Lifestyle Intervention!

Starting: Saturday, November 9, 2013

**Where: Capitol Free Mission
8201 Cryden Way
Forestville, MD 20747**

*(Turn on Parston from Forestville Rd.
Cryden Way is the first street on the left)*

**Saturday
Afternoons
at 4:30 pm**

Are you tired of “falling off the wagon” and not meeting your health goals? Do you want to feel better? Then join us for a FREE eight-session workshop where you will learn how to take charge of your health and better manage lifestyle-related illnesses and chronic diseases such as heart failure, type II diabetes, obesity, certain cancers, hypertension, strokes, depression, stress, arthritis, and more. Learn practical tools that will change your life! We will be meeting every other week on Saturdays. Presentations made by a variety of health and wellness professionals.

- ✓ Feel Better
- ✓ Increase Your Energy
- ✓ Lose Weight
- ✓ Effective Symptom Management
- ✓ Decrease Pain
- ✓ Meet Your Goals
- ✓ Reverse Disease
- ✓ Cooking Demonstrations
- ✓ Nurture Mind, Body, & Spirit
- ✓ Get rid of Stress



Take Charge of Your Health Today God's Way!

Space is Limited: Registration Required. Rides Available
Call today: (301) 494-5550 or Register online at capitolcitymission.org