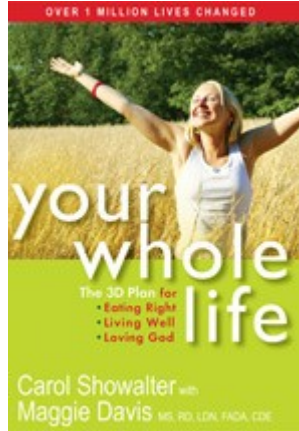


# REGISTER NOW!



## A 3D Plan for Your Whole Life

Eating Right

Living Well

Loving God

Class will meet on Tuesdays beginning September 21<sup>st</sup> - 5:30-6:30pm

Small Meeting Room in the PLC

The Rev. Emma Connolly and Mrs. Marietta Haaga will be facilitating a 12-week (1 hour session) journey to wholeness. We will be using the book, **Your Whole Life**, by Carol Showalter and Maggie Davis to implement a Christ-centered 3D Plan (Diet, Discipline and Discipleship) health program here at Saint John's. Your Whole Life provides weekly nutritional goals, a do-able exercise plan, tips for living well, daily spiritual readings, and more components which are honest, real and encouraging. Please refer to [www.3DWholeLife.com](http://www.3DWholeLife.com) for more information about this great program.

**If you are interested in signing up for this program, complete the form below and return to the church office or PLC. Each 3D group will be limited to 12 participants. Books and journals must be purchased prior to the first class from Amazon.com or ABEbooks.com.**

Name \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Cell \_\_\_\_\_ Wk \_\_\_\_\_

Email \_\_\_\_\_

Please list any special medical, dietary or physical concerns you may want our guest speakers to address during the 12 weeks.

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