YOU ARE WHAT YOU EAT CLASS

Saturday

June 30, 2012

9:00 am

Tar River

Baptist Association

Register: 919-496-7172 or
sherri@tarriverbaptist.com

Come and join us to learn how to add healthy things into your lifestyle and get Fit For The Master

Sherri Barham will be sharing lots of plant based recipes
and ideas of how to add more fruits and vegetables into your diet.
Barnanne Creech will share simple exercises
of how to get fit and stay active.

I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.

Romans 12:1-2