

Bay Presbyterian Church

# Healthy Eating Healthy Living



Healthy Eating—Healthy Living will be meeting weekly on Monday at 4:00 PM. The program will consist of educational programs, spiritual and prayerful support and encouragement for maintaining healthy living. Those who wish to support their loved ones or each other on this journey are also welcome.



**Beginning Monday, January 12, 2009**  
**Bay Presbyterian Church**  
**Room E200**

For more information, please contact Sue Johnson, Parish Nurse , x141  
Or Sandy Neeson x 101