



Wellness Ministry Fall Schedule

It's time to mark your calendars for our Fall Wellness ministry activities. The Fall Daniel Plan group will begin Monday, 9/11 from 6-7:30pm through 11/28, in the Saint Joseph's Faith Formation Center. We have moved back to that location because there are no stairs to negotiate and a larger meeting room. Marie Paschke will be lead the Fall session. To register or if you

have any questions please call Marie at 743-8748 or email mariepaschke@gmail.com. The cost for the book is \$9.30. There are no other costs involved. You will need to bring a note book and your Bible. Let Marie know if you need to purchase a book or will be bringing your own.

Exercise Sessions - Monday's 8:30-9:30 am Tuesday's 6-7pm
All are at St. Joseph's FFC.
Call Lynda Ciganik for more info or to register. 920-495-7248



Need a Great Hot Meal? **LOAVES & FISHES** **Community Meal** **Friday Evenings**

Year 'round - Usually 1st, 3rd & 4th Fridays

Who: All Ages are Welcome

What: Family Style Dinner

Time: Serving from 5:30-7:00 pm

Where: Northeastern Wisconsin Technical College
229 North 14th Avenue, Sturgeon Bay

Cost: Free

Sponsored by the community, local churches, businesses and individuals. There are no government funds used for the Loaves & Fishes community meal program.

September 15, 22
***Special 5th Friday - Sept. 29**

October 6, 20, 27

November 3 & 17

***No meal on November 24**

December 1 & 15

***No meal on December 22**

Need more information: Call 920.493.5318.