

## Wellness Groups

Here at Corpus Christi and St Joseph's we understand the importance of "self-care", meaning that our bodies are not our own and our bodies are the temple of the Holy Spirit. (1 Corinthians 6: 19-20)

We are working together in community because God gave us one another for support, encouragement, and accountability. We are starting the Winter sessions of the Daniel Plan and exercise.

### The Daniel Plan

Monday Evenings, 6-7:30

St Joseph's Faith Formation Center

Marie Paschke

[lyndaciganik@yahoo.com](mailto:lyndaciganik@yahoo.com)

920-495-7248



A healthy lifestyle program founded on biblical principles and focused on the essentials of Faith, Food, Fitness, Focus, and Friends.

### Exercise

Monday's 8:30-9:30 am

Tuesday 6-7 pm

Lynda Ciganik

St Joseph's Faith Formation Center

[lyndaciganik@yahoo.com](mailto:lyndaciganik@yahoo.com)

920-495-7248



We focus on low impact total body movements, strengthening, and improving balance. Any exercise can be modified to fit each person's physical ability. It does not matter what your ability level is this exercise class is for you.

**All sessions officially begin Monday, Jan 15th.**