

## Wellness Ministry

I want to share with you Linda Magle's testimony after participating in The Daniel Plan 12 week Fall session. She is an amazing woman who listened to the prompting of the Holy Spirit to take charge of her health. She and Alan also participate in the Tuesday night exercise class. Praise God for the work He is doing in their lives!

"The Daniel Plan is a wonderful program. It helped my husband, Alan, and I physically, mentally and spiritually. This is the first program we ever tried together that had a spiritual factor.

After participating in the program just for two weeks we felt clearer in our thinking and started to experience weight loss. After being in the 'Daniel Strong' part of the program for about three weeks my husband was able to cross his legs, which is something he was not able to do even before his hip replacement surgery. I experienced a significant weight loss 6 weeks into the program. I had my diabetic A1C test drop from 6.2 down to 5.8 . My Doctor said to keep up the good work! Thing is it didn't seem like work like most diets do.

The Daniel Plan is simply a very healthy way of eating and basic exercise. If I can do it from a wheelchair with all of my health issues just about anyone can do it. Consider joining the Daniel Plan Program coming up."

Linda Magle

Last Fall's Daniel Plan participants lost 108 lbs over 12 weeks. More than one Doctor was speechless at his patient's health improvements. If you are interested in joining Linda and Alan and the rest of the group and I am praying you are, you still can. Enrollment is open for two more weeks. The cost? \$7 for the book, that's it. Please contact me, Lynda Ciganik: cell # 495-7248 or [lyndaciganik@yahoo.com](mailto:lyndaciganik@yahoo.com).

### 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) 920-495-724



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.**