

# reveal COMMUNITY GROUP

## WOMEN'S HEALTHY LIVING

1st/3rd Wednesdays - 7:30pm

This is not a weight loss group! However, if you have a goal to lose weight, to maintain your weight, or if you want to pick up some healthy habits, you may benefit from this group. We can all use support, encouragement, and accountability as we strive to live healthy, active lives in a fast-paced world, and that is the purpose of this group. Each woman will set personal goals for healthy living that fit her needs, but we will work to achieve them together. To assist us, we will have tips for exercise and healthy eating, recipe exchanges, and prayer. This will be a safe place to share ideas, find support, and join in each other's struggles and triumphs. Sound good? Come join the fun!



Kristen Wunsch / Jewelie Cullum  
623.583.1828  
wunsch@revealvineyard.com

### Meets At:

**Emily Pepe's**

18234 W Port Royal Ln

Surprise 85388

**X-roads:** Cotton / Greenway

623.975.5519

