



## W.O.W. (WOMEN OF WORTH)

You and your friends are invited  
to join us as we support each other in a weight-loss program.  
We are learning to eat healthy and do some  
light exercise to a walking/aerobics video.

We meet **Mon. Tues., & Thurs. @ 5:45 p.m.** for about 1/2 hour in the  
Parlor for  
our light exercise program.

And, on **Tues. after exercising** we move to the Library for a time of shar-  
ing  
and encouragement.

There is no charge; however, we are reading and sharing from a book,  
“The Maker’s Diet”.

Come and join us as we share in prayer,  
Scripture, recipes  
plus lots of fun and fellowship.

For more information, or to order a book,  
call DiAnna Miller  
@ 276-9020.

