

# **BUILDING RESILIENCY, A PRAYER AND FITNESS SERVICE**

Starting October 18th, 1750 N Kingsbury, 11am

Speaker: CPD Chaplain Joe Jackson

Strength Coach: Don Schroeder

## **1) BRIDGING FAITH**

- 30-45 MIN PRAYER SERVICE

## **2) FORGING FITNESS**

- 30-45 MIN STRENGTH TRAINING SESSION

## **3) BONDING COMMUNITY**

- 20 MIN REFRESHMENT AND SOCIAL PERIOD

RSVP to ATTEND

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