



# Faith & Fitness

**A time together, to grow together!**

- ❖ ***Praise and worship*** through music and movement
- ❖ ***Spiritual fitness*** through time in God's Word
- ❖ ***Physical fitness*** through exercise – cardio, strength, stretch (all levels!)
- ❖ ***Connection*** with others across the body of Christ
- ❖ ***Encouragement and fellowship*** together – prayer and support

**Be strong in the Lord!**

**Love God, love others. Prepare your mind and body for opportunities to serve!**

**Ephesians 2:10**

**“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.”**

**WHEN: Saturdays, 8:30 AM; (doors open at 8:00 AM for prayer and fellowship)**

**WHERE: Harvest Church or Baker City Nazarene Church (based on availability)**

**For questions, the week's location, and text reminders,  
contact Elissa 208-891-0648**