St. Andrew's Episcopal Church

F.A.I.T.H.

Exercise/Nutrition Program

Respecting the bodies God gave us through exercise and healthful eating

All are invited to join in the St. Andrew's F.A.I.T.H. (Fitness and Information Transform Health) Ministry fitness and nutrition program.

Dates: Thursdays, **Jan. 18** to **mid-May**

Time: 5:30 to 6:45 p.m.

Schedule:
5:30 - 5:45 Meet in Brooks Hall, warm-up
5:45 - 6:15 **Easy exercises** (sit or stand) to a video (Nat. Inst. Aging) in Brooks Hall
OR
Group walk mapped route @ church (0.5 to 1.5 miles) (Leslie Sansone "Easy 1-mile" DVD if bad weather)
6:15 - 6:45 Light supper, fellowship, cleanup

- Please check with your doctor about which activities are right for you.
- Wear comfortable shoes and clothing.
- A $3 donation is suggested for the supper.

More info. about the F.A.I.T.H. program:
F.A.I.T.H. is a program of The Western Pennsylvania Hospital, the American Cancer Society, American Diabetes Assn., and American Heart Assn. to help congregations in the East End improve the health of their members/ communities.

Contact Diana Mathis or Jim Eng for more information.

St. Andrew's Episcopal Church is located at 5801 Hampton St., Pittsburgh 15206
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