

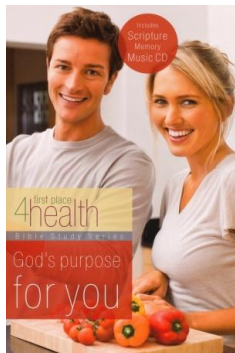
# 4<sup>first place</sup>health

discover a new way to healthy living

## **Bible-study and weight management support group.**

**Thursdays, 7:15-8:30pm**

**New Study begins July 8:**



## **First Lutheran Church**

*(Southbound Rt. 4 at Junction of Rts. 2 & 4)*

*For questions and to order materials contact  
Shawn Maassel at [smaassel@flc-lcms.org](mailto:smaassel@flc-lcms.org) or 410-257-3030*



where faith and fitness meet

**Cardio & Strength Training Classes**  
at First Lutheran Church, Huntingtown  
*(Southbound Rt. 4 at Junction of Rts. 2 & 4)*

**Mini Summer Session Starts July 26, 2010!**



**Mondays/Thursdays 6-7pm**  
**Tuesdays/Thursdays 9:15-10:15am**  
*Babysitting available at morning session.*

*Bring a friend new to Body & Soul & come at 1/2 price!*

**Contact Shawn Maassel at 410-257-3030 or  
[smaassel@flc-lcms.org](mailto:smaassel@flc-lcms.org) for more information.**