



The candy and cards and sweet stuff are coming on strong this week...Now we need to get serious about - you guessed it - get fit!

Get out those pedometers and make sure they can measure steps and miles. We are going to WALK TO JERUSALEM! Beginning next week we will be tallying our miles each week and hopefully will get to Jerusalem by Easter. Everyone can join the walk. I will have details on how to accumulate miles without walking even! Stay tuned for all the details next Sunday. I hope for everyone in the family to participate! We'll get there in no time - and no baggage fees will be charged!

New information on heart health is posted on the hall bulletin board. This week we focus on nutritional health tips.

The Wednesday Tea and Chat was full of information for the 15 folks who joined us. Our speaker is willing to return to talk to us again, so stay tuned for future events. I will be hosting a speaker event once a month on health topics that are relevant to all of us.

Have a very special week of showing His love and yours to your family and friends.

*Cynthia Rutan, Parish Nurse at Peace*