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Body and Soul Healthy Lifestyle Program

Zion Baptist Church in partnership with Meritus Health present the **Body and Soul Healthy Lifestyle Program**. This program is a healthy eating initiative offering fellowship, support and education to individuals who want to have an active and healthy lifestyle.

God wants us to take care of our physical bodies, not only for quality of life but also to maintain the ability to serve. The better fit we are, the better fit we are to serve.

The **Body and Soul Healthy Lifestyle Program** is an online program meeting the 3rd Saturday of every month from 9:00 am – 10:00 am, beginning Saturday, January 16, 2021. This monthly program will run from January through June. The program is **FREE** and open to individuals of ALL ages.

For more information and to register, please visit <https://healthywashingtoncounty.com/events/> or call **301-790-8907**.

The last day to register is January 9, 2021

