

40 DAYS to a HEALTHIER LIFE

THE DANIEL PLAN

GOD'S PRESCRIPTION FOR YOUR HEALTH

The Daniel Plan is framed around The Essentials: Faith, Food, Fitness, Focus and Friends – life areas that all work together to restore and sustain your long-term health. Faith is the foundation with God as the source of the power and the energy behind all transformational change. As you follow *The Daniel Plan*, you will discover that you have a part to play in getting healthier, but God will energize your efforts. The Daniel Plan offers practical solutions to improving your health physically, spiritually, relationally and emotionally. Integrating these Essentials can lead to a more vibrant life, ultimately preparing you to live out your calling.

Join us on this 6 week journey . . .

WHEN: Sundays: October 15—November 19

TIME: 1:00—2:30 pm OR 6:30—8:00 pm

WHERE: Fort Calhoun Presbyterian Church

Questions?: Cheryl Miller

Please sign-up for your preferred time.

2 Books are required for this class (The Daniel Plan & The Daniel Plan Study Guide), please indicate when signing up if you would like us to get them for you at a cost of \$25.00.