



Please join us on an 8 week journey  
through the book  
***“The Wellness Revelation”***  
by Alisa Keeton.

*“The Wellness Revelation* will challenge you to get fit by seeking God first and foremost. God wants to free you from what weighs you down and keeps you from your marvelous purpose. In these pages, you will learn how to live well both physically and spiritually so that you are best equipped to love and serve others from a whole heart. *The Wellness Revelation* will change the way you love God, yourself and others.”

<https://www.revelationwellness.org/book/>

**Sunday evenings at 6:30**  
**starting on**  
**Sunday, September 9th.**

**Fort Calhoun Presbyterian Church**  
**Fellowship Hall**

Books can be purchased on Amazon for \$11.55. Please let us know if you need help purchasing your book.

If you have questions please talk to Cheryl Miller or Jamie Bouwman.

For more information about **Revelation Wellness** go to [revelationwellness.org](http://revelationwellness.org). There will be a new 30 day challenge starting on September 10th called “Heir to the Crown: A 30 Day Mind & Body Wellness Challenge for the Daughters of God.” For a small \$10 donation you will receive daily devotional e-mails, access to their closed Facebook group, Facebook live videos, snack lists, recipes, 60 day access to Rev Well TV and a 30 day workout calendar. This is a great way to experience a lot of what **Revelation Wellness** has to offer. To participate in the challenge you will need to sign-up no later than September 7th.