

**Beulah Heights Social Integration Program  
Presents**

# Faithfully Fit

A 3-Week Series on Nutrition & Exercise

Come to Learn, Cook and Eat each

**Series takes place on October 9<sup>th</sup>,  
16<sup>th</sup> and 23<sup>rd</sup>, from  
9:30 am – 11:30 am**

***Participants will receive a Shop Rite food  
voucher for completing the series!***

**To sign up, Please call Mr. Edwards at  
(475) 238-8270**

*Sponsored by*

