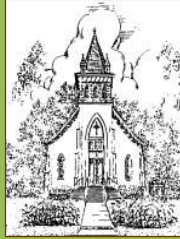


Tuesdays at St. Bartholomew's

FREE Community Forum Series



Exercise for the Masses: Are you fit to pray?

Tuesday, February 7th at 10 am

Join Us for This Free Community Issues Forum

The parishioners of St. Bartholomew's invite the community to attend our upcoming lecture "*Exercises for the Masses: Are you fit to pray?*" with certified fitness trainer Laura Levensgard. Laura will discuss how to integrate fitness with the way we worship. She has helped thousands of people learn the path to health and wellness, as well as to maintain independence far into their senior years. Laura recently published her first book *Exercise for the Masses: Are You Fit to Pray?*

**Join us for this informative and
instructional presentation!**

St. Bartholomew's Episcopal Church

*Wherever you are on your spiritual
path, you are welcome here.*

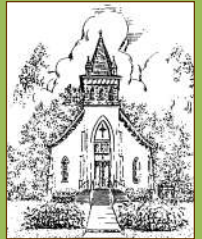
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Laytonsville, MD 20882-1627

*Located near the intersection of
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For more information call
(301) 355-7189 or email
stbartschurch2@verizon.net
www.saintbartholomews.org

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