

You're Invited

The Young Ladies of the LWML SWD proudly invite you to a morning of Christ-centered relaxation and fun!

When and Where:

August 19th- Faith Lutheran Church
8500 Durand Ave
Sturtevant, WI, 53177

-Or-

October 7th- Saint Luke's Lutheran Church
377 Roger Street
Lyndon Station, WI, 53944

From: 9:00am to 11:00am (both dates)

We will focus on relaxing our bodies through exercise and strengthening our relationship with Christ through Bible study.

Please bring: Exercise mat, Bible, your favorite smoothie add-in (strawberry, banana, cherry, kale, etc.), and a **smile with a light-hearted Spirit**

***Supplies will be provided for a fun lesson on smoothie making.**

No pre-registration required

For questions, please call Amy Tikkanen at 920-647-6643

