

Are You Concerned About:



Stress in Your Life?



Insomnia?



Brain Fog?



Poor Health / Weight?



Emotional Instability / Irritability?

Join Us on Saturday, October 21st at 5:30 PM

- Mattie Maran, RN and St. Raphael parishioner and Helen Kopp, formerly a lab technician, will host the first of a series of monthly presentations on ways to improve your health.
- Topic #1: Healthy Diet
- Length: Approximately 45-minutes
- Location: Community Rooms
- Samples of healthy food will be available
- Questions? Contact Dr. Andy Kereky in parish office



Exhaustion?