

# Forever InMotion

Starting Wednesday October 2, 2019 there will a peer lead Forever InMotion fitness program starting at Emmanuel Baptist Church, from 9:00 until 10:30 a.m. Every Wednesday and Friday morning come for a time of exercise, refreshments, a devotion time or just one of these. The location will be in the Gym/Fellowship Hall at the back of the church.

**Please bring your friends—this is open to both men and women over 60 or anyone who would like to join us.**



Over the few last years, between 10-15 people gather together on Wednesday and Friday at Emmanuel Baptist Church to participate in a Forever inMotion peer fitness program. For more information contact Robin Sloboda at [robin@ebap.ca](mailto:robin@ebap.ca) or 477-1234 #144.



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