



It's Our Lifestyle

Begins November 3, 2016

A class by Dr. Barry Hamman, M.D.

**A God-honoring plan for those
who are ready to implement an optimum healthy lifestyle**

**Weekly Sessions: Thursdays beginning November 3
from 6:30 p.m. to 8 p.m.**

In this five-week class, you'll be introduced to a God-honoring plan to implement an optimum healthy lifestyle. So whether you eat or drink or whatever you do, do it all for the Glory of God (1 Corinthians 10:31). The purpose of the It's Our Lifestyle book and project is to outline the path for a health transformation one family, and one group of friends at a time, based on sound science and common sense from a Christian perspective. The cost is \$15 and classes are held in the Fellowship Hall at Parkway Christian Center. No childcare is available for this class. Register online at Parkwaycc.com/lifestyle