

Our Savior Lutheran Church

Dorcas Guild & Health Ministry Invite

Healthy hearts and minds serving God!

The Dorcas Guild is excited to offer the following wellness event:

Food as Medicine Tuesday, April 23rd at 7pm

Join us as we welcome back Joan Katz, RD, LNHA Chief Dietician for Christian Health Care Center. If we could choose food as an adjunct to medicine or even as a replacement, could we start to combat the myriad of health issues present in the American population? Let's explore the many therapeutic benefits of all kinds of herbs, foods, and spices that make us healthier! Men, women and families, all are welcome! Questions, email Colleen Bottcher at biocolleen@yahoo.com.

Sponsored by the Dorcas Guild and Health Ministry, with special thanks to the NJ District LCMS Christian Heritage Endowment Fund.

Our Savior Lutheran Church 22-15 Broadway, Fair Lawn, NJ Church phone 201-796-3007