



Women's Spring Selah

Thursday, March 19

6 PM - 7:30 PM

Family Life Center

Join us as we SPRING into better health. Bring your favorite salad or dessert to share and fresh fruit for our fruit drive.

The fresh fruit will be provided to runners participating in the "Bridge2Bridge Run" in Georgetown this Saturday and our Selah discussion will be about ways we can focus on our own physical health. We hope to see you there.

