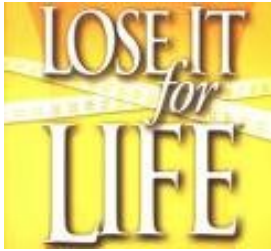


## “Lose It For Life” Weight Loss Program



Are you tired of that old yo-yo weight loss/weight gain cycle where many of us find ourselves? If so consider joining “Lose It For Life” (LIFL), a uniquely balanced program that deals with the physical, emotional, and spiritual elements that lead to permanent weight loss.

LIFL is not about dieting. Losing weight and keeping it off has more to do with changing how you think, feel, and act at any given time. LIFL is about creating a healthy lifestyle of permanent weight management that emphasizes the whole you; your spirit, mind, body, emotions. Spiritual renewal and transformation are a critical component of LIFL. Through a deeper relationship with God and others, there is hope and encouragement to create a healthy lifestyle.

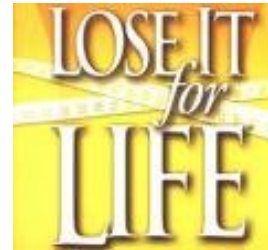
Dr. Stephen Arterburn, best selling author, developed this program. Dr. Linda Mintle, known for her clinical work regarding weight issues, is co-author.

### Specifics:

- This is an 11 week study that will begin Wednesday, Jan. 27—6:30-8:00pm in the Family Ministries Center
- Nursery is provided
- The books are in and ready to be picked up. The cost is \$25
- To register and or more info call Jane Langford at 903-886-8334.

This study stands alone or can be done with any diet program you may already be doing.

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ANNOUNCEMENTS, CONTINUED



**Sisters**

Sisters will meet Monday, January 25 at 6:30pm at Sarah Cunningham's house, 1345 CR 4216 (Brigham Cemetery Road). We will be using the study book "The Life You've Always Wanted." You can contact Sarah at 903-862-2499 for more information.

ANNOUNCEMENTS, CONTINUED



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**Sisters Too Bible Study is starting back up...**

Sisters Too Bible Study starts up Monday, January 25 at Jane Langford's home (2014 Creekview Drive) at 12:00pm. This is a small group Bible study for moms who have young children. We will be using the book, "Women of the Bible," which focuses on the lives of 52 prominent and not-so-prominent women in Scripture. Cost of the book is \$12.



Whether you work inside the home or outside, bring your lunch and come join us as we share life, learning, and laughter. Call Jane at 903-886-8334 to register and for more info.

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Thursday, February 4<sup>th</sup>  
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TREE TRIMMING. Sharpen your saws and pruning shears!  
The Property Team (formerly Trustees) will have a church work day Saturday, January 30. A lot of outside work needs to be done to trim back the trees so our beautiful church can be more visible.  
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