

Come One, Come All!

THE SENIOR MINISTRY/SEASONED SAINTS IS SPONSORING
A WEEKLY **EXERCISE/LINE DANCING CLASS.**
*THIS IS THE PERFECT OPPORTUNITY TO HAVE FUN AND DO
SOMETHING TO IMPROVE OUR HEALTH!* THE INSTRUCTOR,
BELYNDA HEAD, HAS BEEN TEACHING FOR THE LAST 8
YEARS AND HER CLASSES ARE DESIGNED FOR MEN AND
WOMEN OF ALL AGES INCLUDING SENIORS.

DATE: **FRIDAY MORNINGS**
TIME: **9:30 -10:30 AM**
LOCATION: **FELLOWSHIP HALL, DuPAGE AME CHURCH**
COST: \$5.00 FOR SENIORS (62 AND OLDER)
\$7.00 UNDER 62
(PLEASE BRING EXACT AMOUNT IN CASH)

WEAR COMFORTABLE CLOTHING & SHOES.
BRING A WATER BOTTLE & TOWEL

“KNOW YE NOT THAT YOUR BODY IS THE TEMPLE OF THE HOLY GHOST
WHICH IS IN YOU WHICH YE HAVE OF GOD, AND YE ARE NOT YOUR OWN?
... THEREFORE GLORIFY GOD IN YOUR BODY,
AND IN YOUR SPIRIT, WHICH ARE GOD’S.”
I CORINTHIANS 6:19-20

PLEASE CONTACT BETTY DIXON, DIXONBA123@NETZERO.NET, 630-739-6018
WITH ANY QUESTIONS.