

# Rising Sun Wellness Program

✧ Program to start on September 21, 2010

*This program is designed to enhance the total person- The Mind, Spirit, Body and Soul*

*Every Tuesday & Thursday Nite  
at 7:30 p.m. - 8:30 p.m*

*Registration fee.....\$3.00*

*Weekly Fee .....\$2.00*

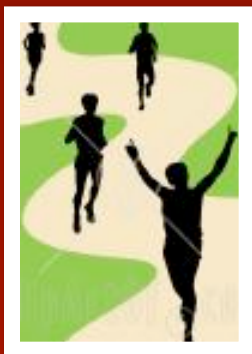
*Come and work with us to:*

- IMPROVE YOUR DIET
- LOOSE WEIGHT
- IMPROVE YOUR PHYSICAL HEALTH
- IMPROVE YOUR MENTAL HEALTH
- IMPROVE YOUR SPIRITUAL HEALTH
- START EXERCISING
- LEARN HOW TO MAINTAIN GOOD HEALTH

**RISING SUN MBC**

LOCATED AT : 820 N  
CENTRAL CHICAGO, IL.

PASTOR MATTHEW MILLER



FOR MORE INFORMATION PLEASE CALL:

773-921-0744 OR VISIT RISING SUN MISSIONARY BAPTIST CHURCH'S  
WEBSITE AT:

[HTTP://WWW.RISINGSUNMBC.COM](http://www.risingsunmbc.com)

