

Forever in Motion

Starting Wednesday October 4, 2017 there will a peer lead Forever *In motion* fitness program starting at Emmanuel Baptist Church, from 9:00 until 10:30 a.m. Every Wednesday and Friday morning come for a time of exercise, refreshments, a devotion time or just one of these. The location will be in the Gym/fellowship hall at the back of the church.

Please bring your friends—this is open to both men and women over 60 or anyone who would like to join us.

This year we welcome our new leader Deb Edmonston.



Deb was born and raised in Saskatchewan. She worked in the newspaper industry for 30 years. Deb now instructs classes for aqua fitness, chair assisted yoga and Forever in Motion. She loves the great outdoors, biking, walking, kayaking, hiking and camping. Deb enjoys spending time with her family, whether at home or the lake. She always enjoys life, it is a gift to share kindness, smiles and a hug. Deb looks forward to leading the Emmanuel Forever in Motion group this fall and winter.

Over the few last years, between 10-15 people, gather together on Wednesday and Fridays at Emmanuel Baptist Church to participate in a Forever in Motion peer fitness program. For more information contact Robin Sloboda robin@ebap.ca or 477-1234 #144.

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