

# WIN! Wellness *Homes of Hope & Health*

Small Grow Group Instruction on Integrated Balanced Living  
*Physical, Emotional and Family Wellness*



In these times of various family illnesses, personal health crises, lots of stress, hopelessness and family concerns—many are searching for information that will help them and their families to be physically and emotionally well and learn how to take personal steps to stay well.

## That is what **Homes of Hope & Health** is about!

*The goal of WIN! Wellness is to help people LIVE—  
live healthier, happier, holier and even longer!*

**You are invited** to attend **Homes of Hope & Health** small grow groups scheduled **for your area**. In 10 weekly one-hour or 1 ¼ hour sessions you will go down an amazing learning path to a **new healthier and happier you**. Enjoy learning in a small grow group with **new friends**.

### *Homes of Hope & Health* Grow Group Track 3: Finishing Strong

**Topics Relating to Health & Family:** New You: Dare to Dream, Joy: the Magic Medicine, Rest for the Restless, Conflict: From Trauma to Transformation, Water: Dying for a Drink, Fountain of Life, Crooked Thinking, Trust Me, Finishing Strong.

**You are invited to join the Getting Started Group Track 3.**

**Sessions are simple but profound, exciting, informative, powerful and life-changing.**

## WIN! Wellness *Homes of Hope & Health* Small Grow Group Track 3

When: \_\_\_\_\_ Where: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_