

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 1: Getting Started

Topics Relating to Health & Family: Balancing Act, Hope in a Hopeless World, Exercise: Just Do It, Sunlight: the Miracle Drug, Forgiveness: A Time for Healing, Amazing Discoveries about the Brain, Nutrition: Your Fate is on Your Plate, My Love Journey, Crisis: Triumph over Tragedy, and Family Time.

You are invited to join the Getting Started Group Track 1.

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

WIN! Wellness *Homes of Hope & Health* Small Grow Group Track 1

When: _____ Where: _____

Contact Person: _____ Phone: _____ Email: _____