

Healthy We, Healthy Me

presented by

Early Risers AFG, Highlands AFG, Lakeview AFG & Vestavia Day AFG

September 17th from 11:00am til 2:30pm

Location: Canterbury UMC Dining Hall

Finger Foods and Drinks will be provided

Please Join us for a Multi-Group Workshop. We will be talking about the characteristics of both healthy and unhealthy groups.

