

HEALTH SEMINAR SCHEDULE

FRIDAY, OCT 16

7:00PM | Opening Session [1]: *The Awakened Brain: Exploring the Science of Spirituality*

SATURDAY, OCT 17

11:00AM | Session [2]: *When Spirituality Hurts and When It Heals*

12:30 PM | Fellowship Lunch – **Registration required via QR code**

2:15 PM | Session [3] *What Gets in the Way of Faith?*

3:30 PM | Session [4:] *Recognizing God's Guidance: Experiments You Can Try*

SUNDAY, OCT 18

10:30 AM | Community Brunch – **\$5 entry fee • Registration required via QR code**

12:00 PM | Closing Session [5]: *God's Prescription for Body-Mind Strength*

2:30 PM | Wellness Walk: **30-min round trip to a nearby park.**

(Perfect for families, young adults, and middle-aged persons.

Activewear attire recommended. Light refreshments provided after)

4:30 PM | Seniors Workout Session: Guided by a trained Physiotherapist (**In collaboration with the Sports & Social Committee**)

See you there! Bring a friend, a water bottle for Sunday's walk, and an open heart. ♥