



## The Daniel Plan: 40 Days to a Healthier Life

Have you ever struggled to balance the demands of life with the need to maintain a healthy lifestyle? Does the planning to eat a healthy diet, get your proper rest and exercise, and build your relationship with God and others seem just too overwhelming? You are not alone!

Starting Saturday, September 9 at 9:00 am, you have the chance to start the journey to a healthier lifestyle with **The Daniel Plan**. **The Daniel Plan** is a wholistic system that takes the two focuses on most health and wellness programs -- diet and exercise -- and expands it to include what the authors call the Five F's: Faith, Food, Fitness, Friendship and Focus.

Pastor Rick Warren, bestselling author of *The Purpose Driven Life*, co-created **The Daniel Plan** with Dr. Mehmet Oz, Dr. Daniel Amen, and Dr. Mark Hyman. It is a simple plan that encourages us all to make better, natural food choices that nourish and heal, build relationships to support each other, focus on Scripture and our relationship with God, attainable exercise and fitness goals, and the practice of focus, all combined to create a powerful plan to change lives.

**Information:** A short informational video and other material will be available in the Fellowship Hall after Sunday services starting Sunday, August 13. You can hear directly from Pastor Rick and check out the book and study guide.

**Our Six-Week Journey** begins Saturday, September 9 at 9:00 am. We will meet for an hour for each session on consecutive Saturdays. Each study and fellowship session will be followed by an optional group walk down the Gray Trail (starting in the church parking lot) to Great Hollow Lake and back.

**Who May Join:** Anyone! Church members, regular attenders, friends and visitors, even those who have never been inside our building, are all welcome.

**Questions:** Contact Bill Florin at [billflorin@yahoo.com](mailto:billflorin@yahoo.com), by phone at 203.268.8539, or see him after church at the information sessions.

*God has much for us yet to do to build God's Kingdom. Prepare yourself to do all the good you can by taking the next step to a healthier you.*

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