

Looking for a body and soul exercise class just for women?

## **Stretching with Scripture**



Every third Wednesday of the month, St. Agnes will offer a class that combines gentle exercise with scripture verses for a total body-mind workout.

**Our presenter is Mary Evers, A.C.E., Certified Group Exercise Instructor.**

This includes standing postures with some on a mat,\* engaging all the major muscle groups as well as focusing on balance and flexibility. We end with prayer in motion and a meditation. You will need to bring a mat and water to class.

Participants will be limited to 20, to ensure social distancing, with a minimum of 10 participants to hold the class.

Registration is required in the main office (724-863-2626 or [mditoppa@dioceseofgreensburg.org](mailto:mditoppa@dioceseofgreensburg.org)) with the deadline to register set at the day before the class is scheduled.)

**First session is Wednesday, November 18th @ 10am in 303/305 of Resurrection Hall**

**Donation is \$10**

**December session scheduled for Wednesday the 16th @ 10am**

\*Stretching with Scripture is adapted from Prayer Motion ([prayermotion.com](http://prayermotion.com)) a Catholic church approved program developed by Dr. Anne Borik, a medical physician, exercise physiologist, and martial artist.

Questions regarding the program? Call Mary Evers at 412-855-2069.

*“I can do all things through Him who strengthens me.”*

*Phil 4:13*