

First Baptist Church of Glenarden
Pastor John K. Jenkins Sr.
The Health and Fitness Ministries Present
Fitness and Nutrition Conference

“Taking Charge of Your Temple”

Saturday, March 26, 2011
10 a.m. – 3 p.m.
Worship Center
600 Watkins Park Drive
Upper Marlboro, MD
301-773-3600
www.fbcglenarden.org
Email: health@fbcglenarden.org

Just in Time for the Spring
Learn Tips to Get Fit and
Be the Best You!

Break Out Sessions

- Exercise Classes
- Cooking Demos
- How to Eat Yourself Slim
and Never Diet Again
- Working Out –
What About My Hair?
- I Got My Mind Made Up
- How I Loss 100 Pounds
- And More

Fitness and Nutrition Exhibitors

Attire: Godly Exercise Gear



*For you were bought at a price;
therefore glorify God in your body ... (1 Cor. 6:20).*

The conference is free, however, registration is required.
For more information or to exhibit, call 301-773-3600
or e-mail health@fbcglenarden.org.