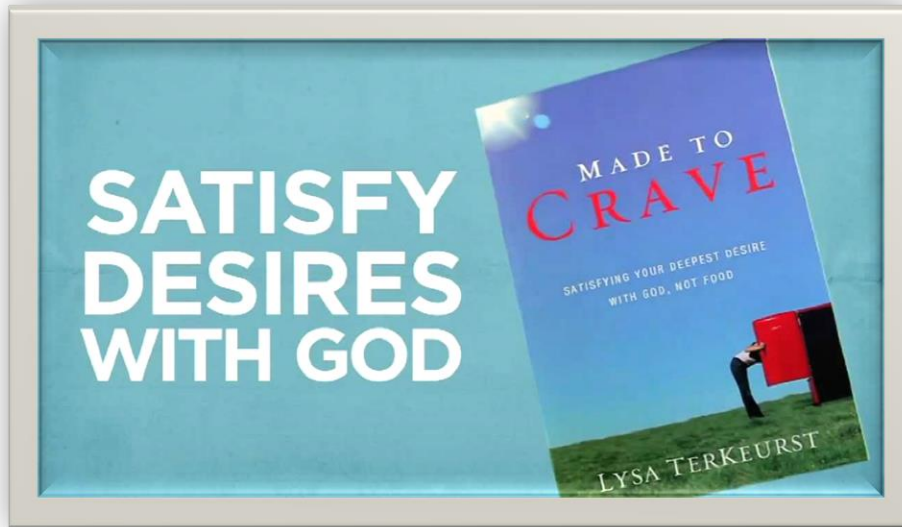


New FLC Women's Study!



Not a how-to-manual or the latest, greatest dieting plan.

But a helpful companion to use alongside whatever healthy eating approach you choose.

A book and Bible study to help you find the “want to” in how to make healthy lifestyle changes.

Thursdays, May 25 - June 29

6:00 p.m. in Fellowship Hall

Supper will be provided

Please register online after April 30

Cost \$20 and includes: book, study guide and supper

Has food become more about frustration than fulfillment? *Made to Crave* is the missing link between a woman's desire to be healthy and the spiritual empowerment necessary to make that happen. Author Lysa TerKeurst personally understands the battle that women face. In *Made to Crave*, she will help you:

- Break the cycle of “I’ll start again on Monday,” and feel good about yourself today.
- Stop agonizing over numbers on the scale and make peace with your body.
- Replace rationalization that leads to diet failure with wisdom that leads to victory.
- Reach your healthy goals and grow closer to God through the process.