



FIRST RISING MT. ZION BAPTIST CHURCH
PRESENTS

VIRTUAL HEALTH WORKSHOP

"FAITH, FITNESS AND FOOD"
1 CORINTHIANS 6:19-20

SATURDAY, OCTOBER 3, 2020
10 AM-12:30 PM
VIA ZOOM

FACILITATORS: MS. DIONNE FROST, CD, CDE
AND DR. PAUL HEATH, PT, MPT, CGMP

Contact Church Office: 202-289-4480 to RSVP by
9/11/20

Church Website: www.firstrising.org

Rev. Oran W. Young, Pastor