



This Week's Inspiration

January 26, 2011

“Know Your Numbers”

Dear Friend,

Our bodies are miraculous creations. From the cellular level to the largest organ in the body - our skin, we are "respectfully and wonderfully made." Since God has gifted us with such incredible bodies, we are wise to be thoughtful and take care of them. Christ Church desires to help people realize their full potential in Christ, which includes being healthy.

This Saturday, January 29th, from 9:00 a.m. to Noon, we are offering a Health Fair called "Know Your Numbers." Health professionals from Fairview Hospital will offer expert testing and consulting on important health numbers like Blood Pressure, Cholesterol, BMI and Blood Sugar. These numbers will create a baseline for future Health Fair days. This will permit you to track the activities that improve your health and the ones that undermine it.

I ask you to please take care of the only life God has granted you, to grow into your full potential and accomplish all He expects of you. As divine objects of His creation, we must embrace the gift of physical health – and make changes, if necessary.

Although Saturdays are a very busy time in my schedule, I will go through the process of learning my numbers for the purpose of taking better care of myself. I look forward to seeing you at this free Health Fair.

Best regards,

Doc

Dr. Dave Collings
Lead Pastor
Christ Church

Weekly Inspiration

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