## COMMUNITY



CELEBRATING HEALTH & WELLNESS: Approximately 80 enthusiastic participants were warmly welcomed to Holy Cross Church by Rev. Kevin Cull to the Health and Wellness Day late last month, organized by Parish Nurse Theresa Scholz and the Church's Health and Wellness Committee. Pictured above were the speakers for the event, from left, Lynn Himmelmann, Dr. Don Trant with his folding bicycle and Teresa Hartnett. Attendees came away with a renewed sense of the power within each individual to become as healthy as possible in 'body mind and spirit.' Approximately 80 enthusiastic participants were warmly welcomed to Holy Cross Church by Rev. Kevin Cull to the Health and Wellness Day last weekend, organized by Parish Nurse Theresa Scholz and the Church's Health and Wellness Committee.

Photo by Jon Borgstrom

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