



## A 12-week Journey to Wholeness

**THE PARISH NURSE MINISTRY of Our Lady of Fatima Parish** is offering the 3D Plan, a 12-week program for eating right, living well, and loving God. Inspired by the words of Jesus, “**Your** faith has made you whole” (Mark 5:34), the 3D Plan will help you to make gradual changes that are positive, practical, and proven to become permanent.

*Your Whole Life* provides weekly nutritional goals, daily scripture-based devotions, and tips for living well

No weighing in required

Helps you explore the meaning of food in your life and uncover personal insights to caring for yourself for your whole life.

Find out why daily journaling helps you stay on track.

Learn how simply taking a walk helps you center your life.

Discover your true source of strength...Faith in God.

### Please join us on:

Date: Wednesday January 27 - April 28, 2010

Time: 7-8 PM

Location: Our Lady of Fatima Parish Center

Fee: \$30 for book and journals (Payable at first meeting to Our Lady Of Fatima)

Contact: Sheila Leonard MS, RN, Parish Nurse 978-298-5696 or Linda Hamilton RN 978-443-6396. You can also contact the Parish Nurse Ministry via the confidential email [parishnurse@fatimasudbury.org](mailto:parishnurse@fatimasudbury.org)

**Pre Registration is required by Jan 20, 2010**

**Transportation Available**