

GET HEALTHY THIS FEBRUARY



HEALTHY LIVING IN 2017 at St. Peter's Episcopal Church

Sign-up sheets are on the Courtyard or email the church office at office@stpetersaz.com

AT THE MOVIES – *HOW NOT TO DIE* with Dr. Michael Greger

Friday, February 10 11:00 – 1:00

Salad bar lunch. Bring a topping, we'll provide the greens.

The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-recognized lecturer, physician, and founder of NutritionFacts.org, examines the fifteen top causes of death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives.

REIKI SHARE with Sarah Sultow

Saturday, February 11 9:00 – Noon ½ hour appointments available

Cost = \$10. Meets in the Sanctuary

Experience the healing art of Reiki with Reiki Master Sarah Sultow and her students. The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy." A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Sign up for an appointment by contacting the church office.

ONGOING

Tai Chi, Greatness Circle, Sunday Meditation, Recovery Meetings, Grief Support, Dream Group
For more information, contact the church office.

NOW GATHERING INTEREST

Walking Group, Evening Tai Chi class – Please sign up if you are interested, noting best time.