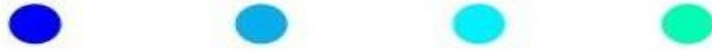


Live. Life. Healthy



Join us for a *Winter Wellness* workshop – presented by **Board Certified Wellness Coach, and parishioner, Jackie Catalano** - Uncover the 5 crucial habits for living a happy , healthy life and why God created us to be the best version of ourselves.

When: Thursday, January 30, 2020

Where: Media Room

Time: 10:00 AM- 11:30 AM

Join us for an inspirational talk and healthy refreshments. Please contact Mary with any questions – mmykityshyn@stgabrielparish.org or 732 946-4487x227

RSVP is NOT necessary