

BODY BOOT CAMP

VENUE:

HOPESIDE COMMUNITY CHURCH

(@Calverton Baptist Church)

12625 GALWAY DRIVE

SILVER SPRING, MD 20904

301 576 2611 | HOPESIDE.ORG



DATES:

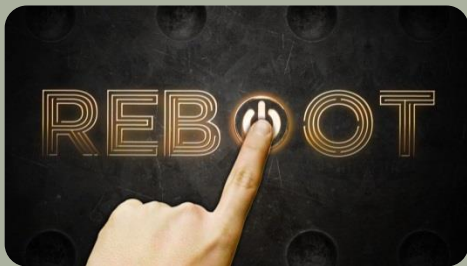
FEB. 13 & 14, 2015

Fri. 7pm-9pm Fellowship Hall

Sat. Sanctuary 10am:-12:00pm

12pm Lunch, (Fellowship Hall)

2pm-5pm Workshop (F-HALL)



*Your Body
For Optimum
Health*



Program:

Fri. Feb. 13, 7pm-9pm (Fellowship Hall)

"The Seven Channels Of Elimination"

Sat. Feb. 14, 10am-12pm (Sanctuary)

10am – 10:55am:

"Isaiah 58 - A Divine Prescription"

11am- 12pm:

"A Call To Ministry"

12pm-1pm : Raw Veg. Lunch (Fellowship Hall)

1:30pm -2:00pm :

"20 Keys For Protecting Yourself From Ebola"

2:30pm- 3:00pm :

"Juicing Your Body"

3:30pm-5:00pm:

Massaging Your Health"



All Are Invited

*5pm - Visit our booth for free consultation,
Bibles, health books, evangelism books, and
misc. health products...*

Pre-register to attend: register@hopeside.org

*By Evangelist Richard Gonzales
Fitness Specialist,
Professional Massage Therapist
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Tel: 540 370 1844*