



Retreats and Workshops:

"If Jesus Was Your Wellness Coach"

Gain an understanding of God's design for personal wholeness in spirit, mind and body based on Biblical principles. This retreat/workshop will help participants grow deeper in their faith as they understand the path to total wellness in Christ.

Retreat/Workshop Objectives:

- Understand how your spirit, mind and body are integrated.
- Learn principles for a life of health & wholeness that is balanced & integrated.
- Understand how stress affects the body and how to manage it.
- Discover 18 "Spiritual Exercises" and their impact on your health.
- Understand the importance of time management & establishing priorities.
- Identify lifestyle changes you can make to be healthier and more whole.
- Become better equipped to live your life purpose.

This retreat/workshop can be customized in content and length to meet the needs of your organization.

Schedule Dale to lead a workshop or retreat!

Learn more about his beliefs and the mission of his ministry at the web site below or call 704-542-3207.

"I learned how to live my life with the mind of Christ and strengthened my faith."

- Retreat Participant

"The retreat exceeded my expectations!"

- Senior Pastor

About Dale Fletcher, M.S.

Founder, Faith and Health Connection
Personal Trainer and Wellness Coach
Columnist for Faith & Fitness Magazine

Experience

- 25 Years in the Wellness & Fitness Industry
- Master's Degree with Adult Wellness Emphasis
- Hospital & YMCA Wellness Director
- Instructor at the US Army Fitness School
- Men's Bible Study Leader



www.FaithandHealthConnection.org