



# Healthier 901 Sundays

Join us for a day of fellowship celebrating our congregation's health and wellness journey.

January 21 • April 21 • July 21 • October 20

To learn more about **Healthier 901**, visit [www.healthier901.com](http://www.healthier901.com) or download the app.

**With the app, you can:** Record Your Weight Loss • Track Your Activities  
Monitor Your Steps • Log Your Meals • Manage Your Calories  
Discover Health Tips • *And much more!*



POWERED BY  **Methodist**  
Le Bonheur Healthcare

