

Health & Wellness Seminar



The Illinois Way

Purpose

To get the 18-30 year olds in our area connected to each other.

Who's Invited

18-30 year olds in our section.

Where

This Seminar is being held at a local community center.

Focus

Spiritual and physical health as well as healthy relationships.

Schedule

We have 3 speakers that will speak for short times with breaks in between. The event will start at noon and last until around 4 p.m.

It will include a healthy lunch catered by a culinary student in the Hyphen group. ★

— Anthony & Heather Maynard
Section 11 Youth Director
Firstborn Ministries | Loves Park, Illinois