



## ***A Touch of Grace***

***A Touch of Grace*** is a faith-based program of exercises for body, mind and spirit. The practice includes aerobic, core, strength, balance and flexibility training. Prayer and meditation are integral to our practice. We allow God's Word to abide in our minds and hearts to inspire, comfort, strengthen and move us.

### ***The exercises can help with:***

- Increased energy and stamina
- Reduced stress
- Improved balance
- Increased strength and stability
- Improved cardiovascular capacity
- Increased flexibility
- Improved sense of well-being
- Decreased anxiety, insomnia, tension and depression

Through the exercises, we become more aware of the many gifts of God's goodness and love. Come and experience these gifts that are within you!

***WHEN:** Wednesday mornings 10-11am or evenings 6:30-7:30pm*

*Saturday morning 9:30-10:30am*

*Starting on Wed. Sept. 14<sup>th</sup> & Sat. Sept. 17<sup>th</sup>*

***WHERE:** St. Joseph's Hall, Our Lady of Fatima Parish*

***WHO:** For men and women of all ages and abilities*

*To sign-up or for information contact Mary Jo Ricketson*

*Email: [maryjoricketson@gmail.com](mailto:maryjoricketson@gmail.com) or phone 508-577-5795*

*To view flyer go to our parish's website: [www.fatimasudbury.org](http://www.fatimasudbury.org)*

*Mary Jo is a parishioner of Our Lady of Fatima Parish, and she holds a Bachelor of Science degree in nursing and a Master of Science in education. She has taught exercise and wellness classes, stress management and meditation for over 15 years.*