

## Reminders for Good Health

☼ Drink 8 glasses of water per day.

☼ Exercise 3 times a week.

☼ Attend Christian Life Program  
at Good Shepherd.

Start Date: May 30

Time: 7pm

**Presented  
by  
Singles  
For  
Christ**

Location: Room 6  
at Good Shepherd Parish  
8200 Gold Coast Drive  
San Diego, CA 92126

<http://www.sfcsandiego.org>

Info or questions:  
call **858-630-1554**

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