

Parish Nurse – January 2017

NEW YEAR – NEW YOU!

This year we are going to begin our journey on becoming healthy.

I welcome everyone to join our walking group “The Shepherd’s Soles” starting this Monday, January 9th. We will meet at 3:00 PM in Inlet Square Mall in the old food court outside of Books A Million. We will plan to walk for an hour on Mondays & Wednesdays from 3 – 4PM. Walking is one of the easiest exercises to get you moving and all you need is a good pair of sneakers or walking shoes. The advantage of walking in the mall is that it is climate controlled, has benches to rest on and bathrooms, if needed. If you cannot walk for an hour, that’s okay. You can stop at any time. That is why the mall is such a great place! Also, if you would like to bring a friend, don’t hesitate!

EVERYONE is welcome.

I hope to see you there.

Debbie Moynihan

Parish Nurse