



oh
come
all ye...

to the

Community Wellness Coalition's Healthy Cooking for the Holidays

The primary speaker will be Thomas Roberson, a retired, board-certified nurse practitioner, promoting a healthier eating lifestyle.

Lunch will be provided

December 5, 2015 (10am - 2pm)

The program will be held at
Shiloh Baptist (old site)
801 Sophia St.

Fredericksburg, VA 22401

Email Marva Moore for more information

marvalmoore@gmail.com

Or call (301) 346-2270

Food
& Fun

Children are invited, there will be a holiday card and craft making for area Nursing Home Residents....

The Community Wellness Coalition is a joint effort with...

Arm of the Lord Ministries

Faith and Power Ministries

Grace Redemption Church

Hazel Hill Apartments

Mayfield Civic Association

Mt. Zion Cathedral and

Shiloh Baptist (old site)