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Joybreak

What are you doing Wednesday mornings?

We've set aside 9:15a-11:15a on Wednesday mornings, for women of all ages to join together for friendship, fellowship and Bible study.

All studies are conducted in a small group format, where the care and concern for each woman is held in covenanted confidence and lifted in prayer.

JoyBreak's season runs from September to mid-May. There is also a shorter summer session available each year.

Childcare is provided at no charge and **guests** are especially welcome, so please **join us!**



Body & Soul

Body and Soul is a fitness done to contemporary bring a special message of All fitness levels are welcome



program based on faith. Workouts are Christian music, specifically chosen to encouragement to each class session. and encouraged to attend.

Fitness Program

- The **Cardio/Strength** format includes a combination of approximately 30 minutes of aerobic routines, followed by a set of strength routines designed to hit major muscle groups and end with a series of stretches.
- The **Strength/Flexibility** format includes a total body strength workout, focused on building functional and core strength and overall toning and balance. We use hand-held weights and elastic or natural resistance.

If you decide to join in the middle of a session, costs will be adjusted accordingly. Please contact Dimitra Cornwell through the Church Office (630-627-1101) with questions or to register.



The Lutheran Women's Missionary League provides women the opportunity to grow spiritually and be equipped to serve in a variety of mission work roles within Peace and the larger Lutheran Church. LWML works alongside other ministry teams here at Peace to provide support for service projects and community or family events.

LWML meetings and events are open to all women in Christ who have a heart for missions and for service to one another and the world. For more information, contact Judith Molina through the Church Office (630-627-1101).



- When?** Women's Evening Bible Study (WEBS) meets Tuesday evenings from 7:00pm to 8:30pm. Our year runs September through May.
- Where?** We meet at church, and drop-ins are always welcome!
- Questions?** Contact Jan Stuckey through the Church Office at 630-627-1101.

