



**SAINT COLUMBKILLE SCHOOL
& PARISH**

JANUARY HEALTH & WELLNESS MINISTRY

BEAT THE WINTER BLUES AS THE HOLIDAYS PASS AND THE REAL COLD AND DARK OF WINTER SETS IN. IT'S EASY TO GET ZAPPED OF YOUR ENERGY. COME OUT OF HIBERNATION AND JOIN US TO DISCOVER WAYS TO COUNTERACT THE WINTER SLUMP. LEARN TECHNIQUES ON KEEPING HAPPY & HEALTHY.

**January 18, 2018
7 pm
Parish Center**

RSVP to Michele Drlik by Jan. 11th at
mdrlik@yahoo.com

Questions? Call Holly Davidson at (440) 668-5554