

For more information about the day contact Rev Gary Owen:
01322 863050 or eflrector@googlemail.com

To find out more information about Fitfish visit:

www.fit-fish.co.uk

www.facebook.com/fitfish

You might also check out:

www.biblesociety.org.uk/about-bible-society/our-work/lyfe/fitlyfe

Lyfe in partnership with Fitfish are developing resources and information to promote the balance of physical and spiritual health.

Lyfe offers a balanced vision for life with God through six zones: Still lyfe, Real lyfe, Spirit lyfe, Just lyfe, Word lyfe, Whole lyfe.

Rev Gary Owen
The Rectory
Pollyhaugh
Eynsford
Kent
DA40HF



Fitfish Retreat Day



Saturday 7th May
9.30am—5.00pm

St Martin's Church, Eynsford

I pray that God, who gives peace, will make you completely holy. And may your soul and body be kept healthy and faultless until our Lord Jesus Christ returns.

Programme

- 09.30** Arrivals and Refreshments
- 10.00** Introduction to Balanced Living
- 11.00** Fitfish Cake Break
- 11.20** Devotion and Worship
- 12.00** No Sweat Chair and Band Workout
- 12.45** Lunch
- 13.45** Goal setting and changing habits
- 14.45** Managing a busy life
- 15.45** Praise Aerobics
- 16.30** Close and Fitfish Snacks
- 17.00** Finish

What is Fitfish?

Fitfish is a unique and exciting initiative inspiring, motivating and enabling Christians to get the balance right between physical, spiritual and emotional health. They provide Retreats, Personalised Healthy Eating Programmes (Your Plate of Plenty), Online and Local Support and Resources.

Fitfish believe that God has an individual, specially designed, exciting and fulfilling purpose for everyone and that we will be at our most alive and satisfied when we are serving Him in the way that he has intended us to.

Fitfish believe that to serve Him to our full ability we need to be balanced and equipped physically, spiritually and emotionally in order to reach our potential in Him and discover MORE of His abundant life, promises, adventure and blessings for us.

Our Fitfish Team for the day

Gaynor is the Fitfish Founder and Director and is also a personal trainer and nutritional adviser. Gaynor has offered many different exercise classes and nutrition workshops and speaks at a wide variety of events inspiring people with the link between spiritual, emotional and physical health and fitness. Gaynor has lost 3 stone in weight herself and improved her fitness greatly.



Sharon is the Life and Executive Coach, and is involved in Prayer Ministry. She is passionate about helping individuals realise their full potential at any stage of life and is trained in Executive Coaching and Mentoring. Sharon has experience in leading workshops focussing on the issues and opportunities which arise from being a Christian in the workplace.



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Sign Up

Name:

Phone:

Email:

Payment: to cover the cost of the day we need to raise £500. Please make a gift to help cover this cost: suggestion £20. However, depending on circumstances you might like to pay more or less! **Cash or cheques made payable to 'St Martin's PCC' please!**