

**CATHOLIC FAITH BASED
WEIGHT LOSS PROGRAM & BIBLE STUDY**



God has the answers for our weight, food struggle and all temptations. Light Weigh is a 12 week Catholic Bible Study DVD program recommended by an Archbishop, priests, doctors, nurses, nutritionists & Prevention Magazine for weight-loss and health. **There are no weigh-ins.**

There will be a Light Weigh Orientation on Thursday, January 31, 6:30 p.m. at:

***Saint Rose of Lima
950 West Market Street
York, PA 17401***

Meetings will be held in the old convent building. Signs will be posted at the entrance. For questions or more information, please call Joyce Bankowski (717)308-7245.

The first meeting will be held on February 7th, at 6:30 p.m.

I have tried and failed at many diets in my life. The first time Light Weigh was offered in our parish many years ago, I thought "How will Bible study help me to lose weight?" and I didn't try it. This time when Light Weigh was offered, I thought "What do I have to lose – nothing else is working" and I joined. Turns out, it is exactly what I need to lose weight. I have truly grown in my faith while losing weight. For me, the key has been offering up my bad eating habits for the good of another that has made the difference. When it was all about me – I failed, but now that I am giving it up to God, I have the help of God. My mantra has become – "I can do all things through Christ who strengthens me."

We would love to have YOU join us!