

Gospel Chair Aerobics

with Sister Belinda



When -
Every 2nd Saturday
at 9 a.m.



Where -
St. Paul A.M.E.



Additional Information -

- Bring water and a snack.
- Bring light hand weights or 1 lb cans.
- Wear loose clothing.

**Move
Praise
Get Healthy!**

Hosted by Daughters of Sarah



St. Paul A.M.E. Church
85 M. L. King Ave.,
St. Augustine

**Rev. Dr. Alesia Ford - Burse,
Pastor**