



*Volume 1, Issue 1  
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*First Monthly Edition*

## Community Enrichment Fitness Network Newsletter

### **HAPPY NEW YEAR!**

Welcome to our first issue of the **Community Enrichment Fitness Network newsletter**. This newsletter will be issued on a monthly basis to keep everyone up-to-date about what is happening with the **Connecting body, soul and spirit health and fitness pilot project** and the **Community Enrichment Fitness Network (CEFN)**.

### **WHO WE ARE**

Connecting Body, Soul and Spirit is a health and fitness program sponsored by the **Community Enrichment Fitness Network**. We do outreach health and fitness programs to the churches and senior organizations. The health and fitness program is designed to help improve your overall lifestyle by empowering you to make wise food choices and to keep moving. Some of the session topics include: how to make smart food choices, how to read nutrition labels, how to overcome addiction to sugar and much more. We also offer Gospel line dancing and chair exercise sessions to help you connect and feel great! Please come out and join us and tell a friend!

For those of you that joined us for our successful programs at **True Light Fellowship Church, Sansom House, High Street Church of God, Mt Tabor Baptist Church and St Therese Child of Jesus Church**, we hope you will join us again for an equally exciting experience at our next site! We will keep you posted.

### **START THE NEW YEAR RIGHT!**

Stick to that New Year's resolution and change your lifestyle to improve your health! Come and enjoy one of our health and fitness sessions to learn about healthy eating and the

### **WHAT'S HAPPENING?**

In this New Year, we are working on putting a healthy eating/cooking demonstration Public Access TV program together. It will also have an exercise segment. Stay tune for more details in the upcoming weeks. We are also working on getting our website up and running. The website address will be HYPERLINK "<http://www.cefn.org>" [www.cefn.org](http://www.cefn.org). We will let you know the launch date for both the TV program and website. Please join us for the

**Are You Fit for Your Business** event sponsored by **NAMD on January 15, 2009, 6-10pm at 3901 Market Street**. We will be participating in this program. Come out and line dance with us! Consider joining the new **Ogontz Weaver's Way Food Co-op**. They will be hosting a holistic wellness nutrition seminar on **Jan. 17, 2009**. For more info call 267-738-7756. Mention that you were referred by **CEFN**.

### **VOLUNTEERS NEEDED**

CEFN is looking for volunteers to assist with the upcoming TV program, website maintenance and handling administrative /clerical tasks with the health and fitness programs. If you or someone you know is interested in health and fitness programs, we would love to hear from you. Please contact Sherry Hill at HYPERLINK "<mailto:Sherryhill@msn.com>" [Sherryhill@msn.com](mailto:Sherryhill@msn.com) or 215-858-4957. Feel free to check out our amazing photos from previous sessions at HYPERLINK "<http://picasaweb.google.com/CEFNPhila>" <http://picasaweb.google.com/CEFNPhila>