



ST. ELIZABETH ANN  
SETON CHURCH  
2901 E Huffman Rd.

HEALTH MINISTRY  
TEAM PRESENTS

Four Thursday evenings  
At 7 PM:

## **STEWARDS OF OUR HEALTH - MANAGING OUR WEIGHT AND WORRIES**

October 23 “Weight Management”

**Dr. Bruce Kiessling, MD**  
Family Practice and Medical  
Director Primary Care Associates

October 30 “Exercising Your Options”

**Chris and Christina Coursey**  
Scripture-based Exercise  
Program Developers

November 6 “Managing Stress Through Change “

**Ruth Townsend, MS**  
Director of the Health  
Management Center and  
Education Dept at Alaska  
Regional Hospital

November 13 “Smart Eating”

**Adriana Kruger, MS, RD, LD**  
Providence Extended Care,  
Alaska Psychiatric Institute, and  
Alaska Children Services

IN COOPERATION WITH ADULT FAITH FORMATION