



New First Place 4 Health Groups start week of September 12.

First Place 4 Health, the Christ-centered weight loss and healthy living program, focuses on the four essentials of health and well-being: mind, emotions, body, and spirit!

See how putting God first can lead to a balanced life and successful weight loss. Learn why and how God calls Christians to be physically fit. Understand the positive effects good nutrition and exercise have on our emotions and spirit.

That's First Place 4 Health! It's the proven program that helps participants think about health and weight loss in a whole new way. It really works!

Success comes through positive changes in:

- How we think about our health and bodies
- Managing stress and emotions
- Altering the way we fuel and recharge our bodies
- Improving our relationship with God

It's the weight-loss and healthy living program that emphasizes giving God first place in our lives and that utilizes the support of friends to help maintain success and keep weight off for good.

Register now for a required Introduction Meeting:

**San Clemente Presbyterian Church in Room 206:**

- Sunday, September 12, 7:30 AM and 10:30 AM
- Monday, September 13, 8:45 AM
- Wednesday, September 15, 4 PM and 6 PM
- Thursday, September 16, 9 AM and 7 PM

**Community Presbyterian Church, San Juan Capistrano:**

- Tuesday, September 14, 9:45 AM in the Narthex

**St. Andrew's Presbyterian Church, Newport Beach:**

- For details and meetings times, go to [www.standrewspres.org](http://www.standrewspres.org)

**NEW! Now at Mariner's Church in Irvine:**

- To register go to [scpres.org](http://scpres.org) or contact Kristen Roegner at 949.487.8599 or [klroegner@cox.net](mailto:klroegner@cox.net).

Fall Session groups for all members (returning and new) begin the week of September 12.

**San Clemente Presbyterian Church**

- Sunday, September 12 at 7:30 AM and 10:45 AM
- Monday, September 13 at 8:45 AM
- Wednesday, September 15 at 4 PM and 6 PM
- Thursday, September 16 at 9 AM

**Community Presbyterian Church, San Juan Capistrano**

- Tuesday, September 16 at 9:15 AM

**St. Andrew's Presbyterian Church, Newport Beach**

- Monday, September 13 at 8:45 AM

**NEW! Mariner's Church, Irvine**

- Monday, September 14 at 6 PM

Required materials including the FP4H New Membership Kit and the Fall Bible Study Book (Giving God Control) will be available at Joy's Christian Book Store in Capistrano Beach (494.661.1911), at St. Andrew's Presbyterian Church Book Store in Newport Beach, and at Mariner's Church Book Store, or through Amazon.com

Session fee is \$35 for new members. Please be prepared at your Introduction Meeting with a check or cash.

To register online for the San Clemente, San Juan Capistrano and Irvine groups please go to [https://scpres.ccbchurch.com/w\\_form\\_response.php?form\\_id=213](https://scpres.ccbchurch.com/w_form_response.php?form_id=213). For the Newport Group, please register at [www.standrewspres.org](http://www.standrewspres.org).

Questions? Please contact [janet.ichinose@gmail.com](mailto:janet.ichinose@gmail.com) or call Janet at 949.939.4671.