The Holy Spirit helps men shake free of life-controlling issues,” says the Rev. John Palmer, of First Assembly of God Church in Des Moines.

**FIGHTING ADDICTION WITH FAITH**

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Tom Challenge officials agree it's a "terrific" name for the people staffing and supporting the faith-based addiction treatment program at St. Louis. The church has been working hard to make it a success, they say, and now they're seeing the fruits of their labor.

The program is open to anyone who wants to try it, and it's open to people of all ages and backgrounds. The goal is to help people recover from addiction and make a new start in life.

Inside

- The program is based on a combination of faith-based teachings and traditional therapy techniques.
- Patients are encouraged to participate in group and individual therapy sessions, as well as daily prayer and meditation.
- The program is offered to both men and women, and includes both residential and outpatient options.
- The program is supported by a network of local churches and community organizations.

For more information, visit the Tom Challenge website at www.tomchallenge.com.

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