



Deaf Circle

Soul Stir Journeys: Empower Within Yourself

All Free Events are in Sign Language.

2nd Tuesday each month, 6:30-8:00 PM

We come from different backgrounds.

We share a passion for joy, life and empowerment.

PANEL: HOW I BECAME HEALTHY

Tuesday, October 8, 2019

6:30 - 8:00 PM

St. Thomas Deaf Church
(in Grace Episcopal Church)
514 East Argonne Drive
Kirkwood, MO 63122

Want to learn how to be healthier and don't know how?

What are the secrets and methods to help us change our lifestyles?

How to get a dedicated, healthy mindset to achieve our goals?

How do we get a support system to be healthy?

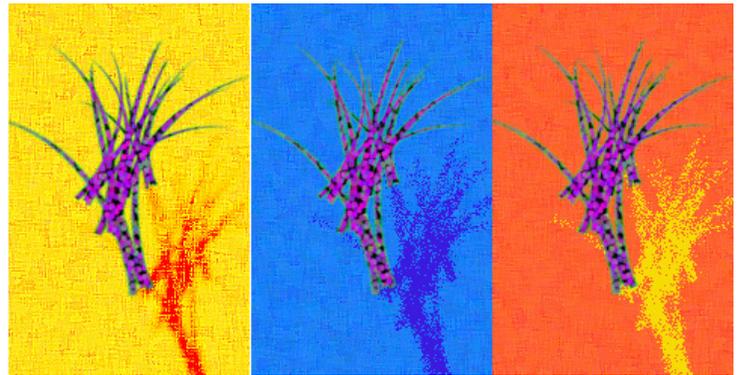
How do we maintain a healthy lifestyle?

As we age, we become less and less healthy. This is a natural progression of life. Sickness, injuries and daily wear and tear cause our health to diminish over time. We want to find a way to reverse this process. We can reverse this process and become much healthier.

A panel of people from the Deaf community who became healthy in their own way. They will share their experiences and how they made their lifestyle shifts. The goal is to learn some of the approaches and techniques that can help you on your journey.

If you have something you would like to learn or share about how to be healthy, you will be welcome to share (you are not required). We can brainstorm together on how to feel better than we are today.

Come and join us, learn and share!



Deaf Panelists

Addiction

Ricky Meyers
29 years sober

Weight Loss

Christopher Rowland
Lost 115+ lbs

Cancer

Tracy Thayer-Razor
Cancer-free and lost weight
(With Pink Wings of Hope)

Deaf Circle Facilitators

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Free Admission. Light snacks.

Donations are appreciated, but your presence is most important.

Deaf Circle programs are sponsored by St. Thomas Deaf Church and in partnership with Crossroad Solutions Coach.