FellowshipChicago
Medical Ministry

Welcome to
Full Workout
Click any image and let's workout!

- American Heart Association
- Grow With Jo
- Walking With Rick

5 Days of work
2 Days of rest

Visit their YouTube pages for more information.

THE YEAR OF F.U.N.

FellowshipChicago Medical Ministry

Welcome to
Faith Hunter 30 Day Meditation
10 minutes a day
Click the image and let's begin.

Meditation has an amazing way of helping you relax and release negative feelings. Although it may seem difficult to relax the "monkey mind," I find it best to start out with a short meditation practice and slowly increase the length over time. Faith has recorded a 30 days of 10-minute **Guided Meditation**. Enjoy and fill your heart with Divine Love and Grace!

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Welcome to
Bonus Workouts
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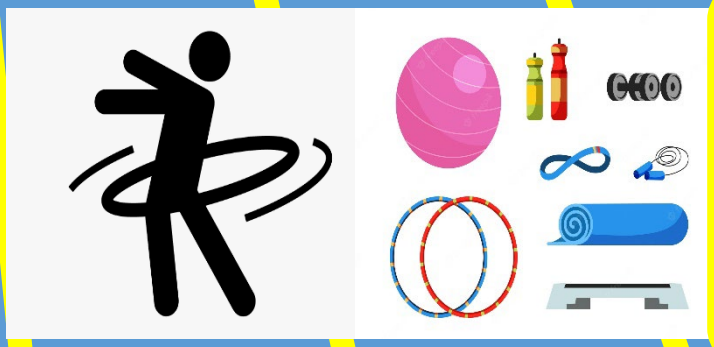
- Gospel House
- Cycling/Stationary Bike
- Favorite music just dance

5 Days of work
2 Days of rest



Visit
YouTube for

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- Jump Rope
- Step
- and much more

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- Donovon Green
- Bob and Brad Physical Therapist

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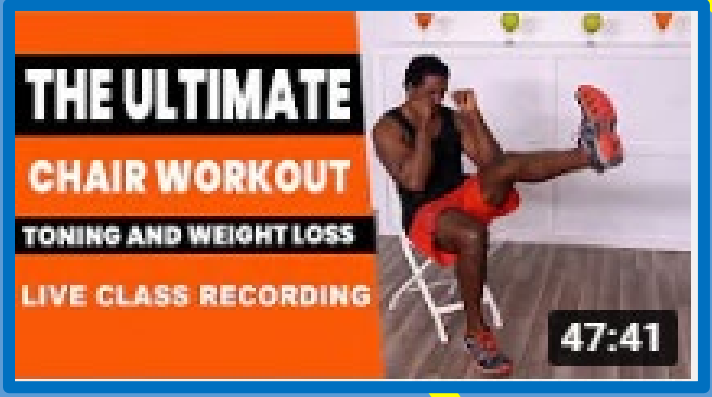

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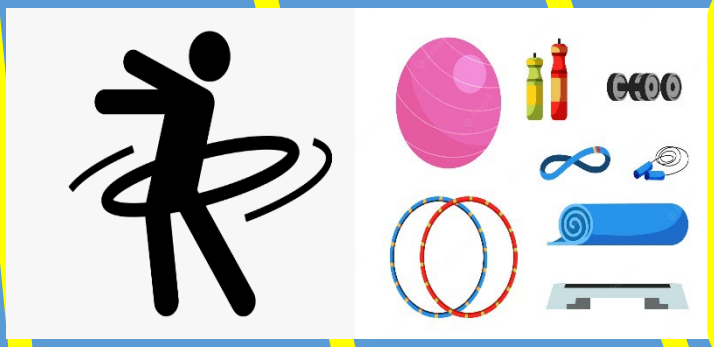

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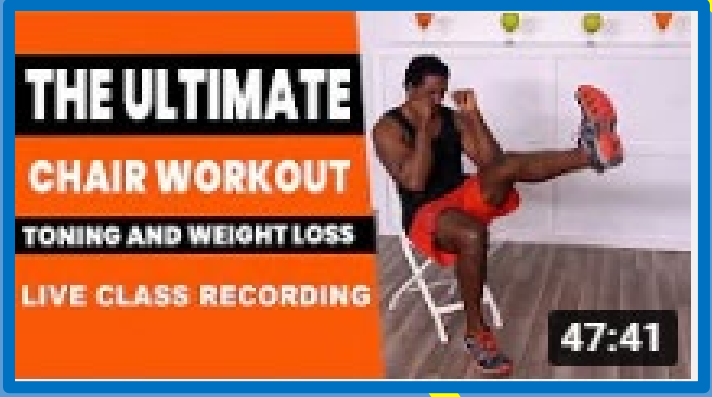

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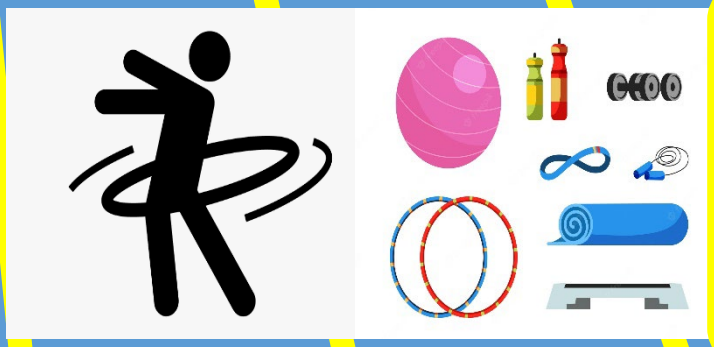

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