

WEIGHT WATCHERS AT ST. MARK'S!?!?

How many people do NOT have a weight concern in their lives? Bless you, but unfortunately most of us could shed a few or several pounds to be more healthy. There are many "proven" programs to help people lose weight. One is Weight Watchers. Claudette Melton wants to help start a Weight Watchers site at St. Mark's – yes, right here at the church. Very convenient! But we need a minimum of ten people to join. If you are interested in participating or helping Claudette to kick off this new program, call her at 475-1481.