

To see a community of God's beloved embracing His invitation to



# BE WELL

336 Hall Street SE, Grand Rapids, MI 49507

December 2015

Dear Friends,

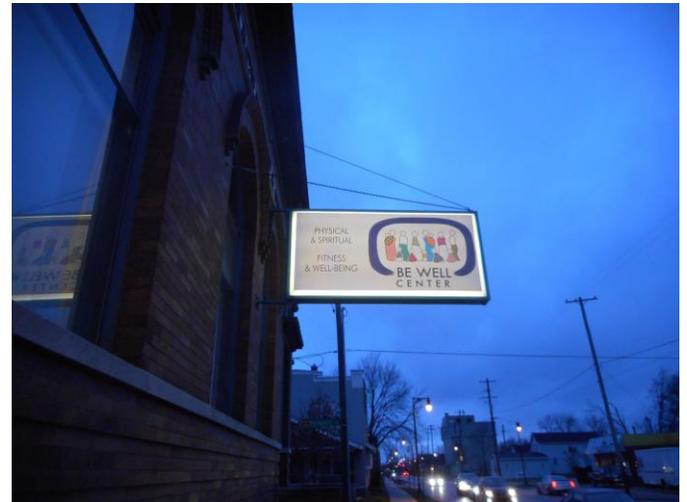
Greetings and hopes for a blessed Christmas and New Year from BE WELL Center!

Advent has me reflecting on how much we needed Him to come. A book I read recently quoted the phrase: "Earth has no sorrow that heaven cannot heal". The tune has been on my lips for days. Surely He was a man of sorrows to heal our every sorrow. He loves us that much!

We have been surprised, sobered and honored to enter into some lives with deep sorrows. Sometimes a person comes for a day or a class. We hope that God can touch their life in some way. Sometimes people just stop by. We hope that being here brings a sweet aroma of Christ into their lives. Some are just curious and we are able to share why we are here. And some come frequently, and a relationship and friendship can grow with good fruit for all concerned. Exercising together builds a bond, and learning to be healthier enables an "I can" in our lives. May God continue to bring many and apply His balm of Gilead.

We are continuing our classes (yoga, Zumba, cross training fitness, and healthy

eating). We'll make a few changes for the New Year.



BE WELL Sign Lit up during Night Classes



Zumba Class

One of our hopes is to have young moms come and share time exercising and caring for their children cooperatively. We have a nice area for children.



## *In Him we live and move and have our being – Acts 17:28*

December 2015

Young moms! Grab a friend and get out of the house, bring the kids and exercise!



Kid's Table and Toys

In November, we offered a Saturday yoga foundations class. Andre Daley did an excellent job. We were all blessed to learn the foundations of yoga and blessed others by offering the class as a benefit for the food pantry in the area.



Yoga Foundations Class

We are planning a special yoga night on Monday, December 14, 2015 at 6:30 pm for Advent. Come and join us for a time to celebrate the birth of our Savior.

Thank you for your interest and partnership in this ministry. May God be your healer, comforter and friend, and draw you ever nearer to Himself.

Maranatha. Come Lord Jesus,

Karen Jen  
Executive Director  
[Kjen.bewell@gmail.com](mailto:Kjen.bewell@gmail.com)

Please join with us as **we praise God for:**

- Funds for flooring in the gym/ exercise equipment room (our last floor to renovate)
- Good class attendance
- Excellent instructors

Please join with us as **we pray for:**

- Pending grant proposals
- A family to be reunited
- God's wisdom in reaching out and addressing needs

If you would like to donate to our ministry, we would be so grateful. As a 501(c)3 organization, donations are fully deductible for tax purposes. Please make checks out to "BE WELL Center" and mail to:

BE WELL Center  
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Grand Rapids, MI 49507

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