

# PHYSICAL FITNESS AND WEIGHT LOSS:

## ONE MAN'S DRAMATIC STORY



### CALVARY BAPTIST CHURCH

2000 Broad Ave.

Findlay, OH, 45840

Web: [www.cbcbfindlay.org](http://www.cbcbfindlay.org)

(Check "News and Updates")

Phone: 419.422.6842

E-mail: [calvaryfindlay@gmail.com](mailto:calvaryfindlay@gmail.com)

**Rev. Rick Arrowood** has lost more than 100 pounds since January, 2007. On Wednesday evening, January 30, at 7 p.m. he is going to tell us how he did it.

- ☼ without surgery
- ☼ without medication
- ☼ without a special program
- ☼ with a common sense approach



Come hear this delightful speaker tell us how faith and fitness transformed his life. The public is invited. Admission and parking are free. A well-staffed nursery is available for all services. *(The Calvary Baptist Church auditorium is located across from Great Scot on Broad Ave. in Findlay.)*