

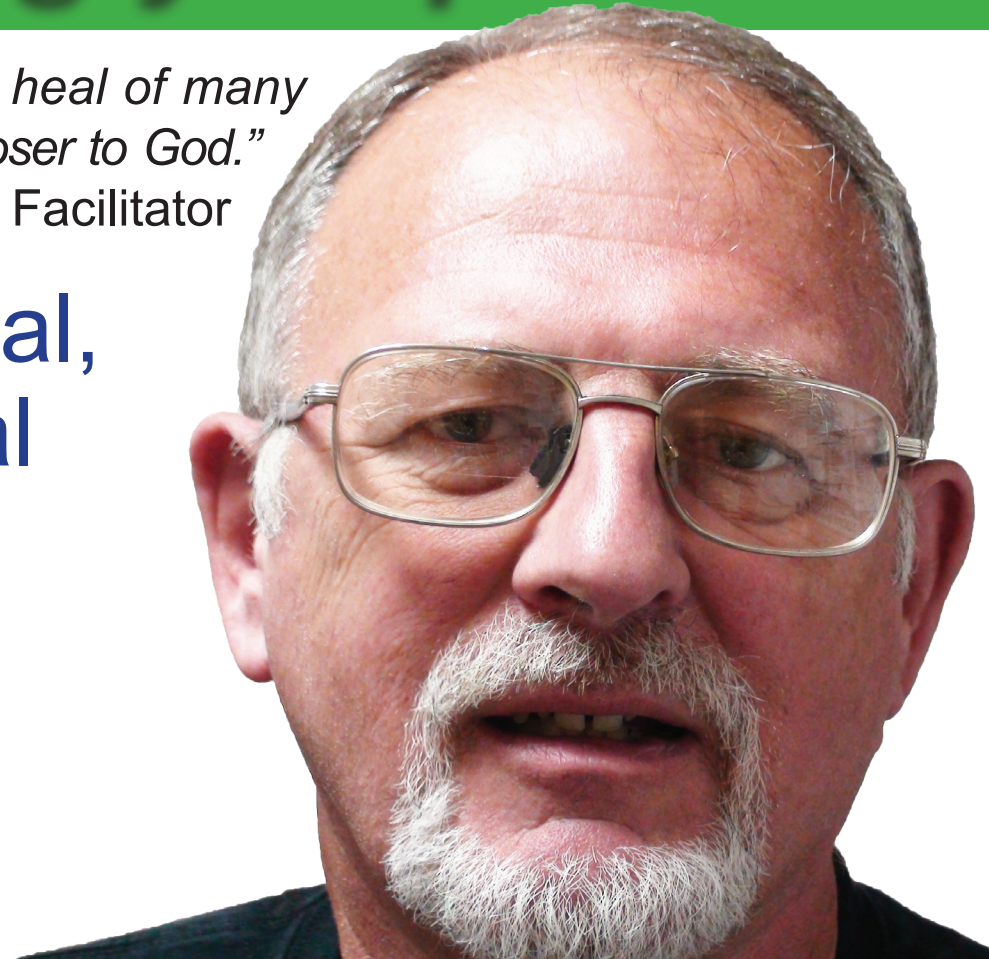
Regeneration.

A study to bring you peace.

“When we come into peace, our body begins to heal of many things—our relationships get better and we grow closer to God.”
— Neil Elmer, Author & Study Facilitator

This study fosters spiritual,
emotional, and physical
health & healing!

8 Consecutive Wednesdays
7:00 PM - 8:30 PM
Beginning April 13, 2011



Long Lake Friends Church

4172 Church Road (just 7 miles west of town on N. Long Lake Road)

Phone 231-946-5289



Suggested donation: \$5 for complete materials; scholarships available.

Connect with Long Lake Friends Church on Facebook!

**Break free
of life-
controlling
strongholds!**

Week 1 - April 13
Introduction

Week 2 - April 20
How is Life Working for You

Week 3 - April 27
Time to Change

Week 4 - May 4
Fear

Week 5 - May 11
Anger

Week 6 - May 18
Other Emotions

Week 7 - May 25
Other Bondages

Week 8 - June 1
Behaviors and Experiences