



## Fellowship thru Fitness

**Mon.-Wed.-Fri. 10:45 a.m.**

At the MAC-Multi Purpose Athletic Center upstairs track.

FREE                    1860 Russell Wy., Carson City                    FREE

We take prayer requests, pray in, walk at least 2 mi.

then pray out. Everything said stays within the group.

No need to register; the hardest part is to get your shoes on and show up!

Contact Randy and/or Roxanne:  
[NVwalkandworship@gmail.com](mailto:NVwalkandworship@gmail.com)

### **\*Walk & Worship Values"**

**Clear Purpose:** To invite friends who might benefit from this group and warmly welcome newcomers.

**Safe Environment:** To create a safe place where people can be heard and feel loved (no quick answers, snap judgments, or simple fixes).

**Be Confidential:** To keep anything that is shared strictly confidential and within the group.

**Conflict Resolution:** To avoid gossip and to immediately resolve any concerns by following the principles of Matthew 18:15-17.

**Physical Health:** To give group members permission to speak into my life and help me live a healthy, balanced physical & spiritual life that is pleasing to God.

**Building Relationships:** To get to know the other members of the group and pray for them regularly.