**Spring into Wellness**

Do you feel you’ve lived through a barren season of life and long for renewal? If your well has run dry, take heart. In John 4 we learn that God gives FREE REFILLS! During this presentation, you will discover:

* Practical steps for renewed physical health.
* Ways to guard your heart to stay emotionally healthy.
* How to claim the free refills of spiritual renewal God offers.

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******Sara Borgstede**

**100lb weight loss.  
Real wife.  
Super real mom.**  
  
Sara and her husband Mike are parents to 5 kids through birth and special needs adoption and were foster parents to 35 children. She blogs at **www.theholymess.com** and runs an online fitness program for women, **www.faithfulfinishlines.com**. Sara lives in North Tonawanda, NY with her husband, kids, and some weird cats who eat potato chips.

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