

REFORM

An Invitation to *Christ-Centered Living*



BECOME A NEW CREATION IN CHRIST

Reform In Community is a 12-week program that guides men and women to reform their lives with Christ at the center. Reform teaches best practices for physical and spiritual well-being.

We invite you to join us in redefining health as the state of the body and soul together.



@reform_wellness



reformwellness.co



WE CAN HELP YOU WITH

- Reclaiming your whole person identity in Christ
- Redefining health with Reform's nine Wellness Pillars
- Assessing the current state of your body and soul
- Shifting from self-reliance to reliance in Christ
- Learning resources, tools, and best practices for holistic healing
- Building a daily formation to support your well-being
- Allowing the Divine Physician to heal you from the inside out



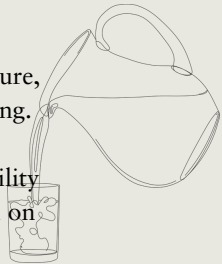
WE INVITE YOU TO EXPERIENCE

Reform Online *In Community*

OUR LENTEN COURSE BEGINS FEBRUARY 2023

Connection to others through faith, purpose, culture, and interests improves our longevity and well-being.

Reform your life with the support and accountability of fellow Reformers who can walk alongside you on the journey to Christ-centered living.



COMMUNITY BENEFITS

- Come together with others growing in Wholiness™
- Learn from one another
- Hold each other accountable
- Pray in community
- Share experiences
- Encourage each other to take the next steps to whole-person wellness

