

Be Healthy

DIET | EXERCISE | HABITS

RELATIONSHIPS | FUN | STRESS | SERVICE

DIETS

Successes & Failures

*“For you created my inmost
being; you knit me together in my
mother’s womb. I praise you
because I am fearfully and
wonderfully made; your works
are wonderful, I know that
full well.”*

Psalm 139

Kashrut

Jewish Dietary Law

Be Healthy
DIET | EXERCISE | HABITS
RELATIONSHIPS | FUN | STRESS | SERVICE

Flushing 
community church

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.”

1 Corinthians 6:19-20

Feast with Gratitude

Establish a Fast

Discover Accountability

Be Healthy
DIET | EXERCISE | HABITS
RELATIONSHIPS | FUN | STRESS | SERVICE

Flushing 
community church