

4-24-1989

Faith in Action Meeting will Focus on Nutrition and Exercise

Follow this and additional works at: https://ecommons.udayton.edu/news_rls

Recommended Citation

"Faith in Action Meeting will Focus on Nutrition and Exercise" (1989). *News Releases*. 5280.
https://ecommons.udayton.edu/news_rls/5280

This News Article is brought to you for free and open access by the Marketing and Communications at eCommons. It has been accepted for inclusion in News Releases by an authorized administrator of eCommons. For more information, please contact frice1@udayton.edu, mschlange1@udayton.edu.

7JAL1)



The University of Dayton

News Release

FAITH IN ACTION MEETING WILL FOCUS ON NUTRITION AND EXERCISE

DAYTON, Ohio, April 24, 1989--Faith in Action, an interfaith fellowship of physically disabled adults, will meet on Sunday, May 7 from 1 to 4:30 p.m. at Miami Valley Hospital. Activities at the meeting will focus on the importance of exercise and nutrition.

"People with disabilities often think not much can be done for them as they get older," said Cathy Schneider, a member of the Faith in Action staff at the University of Dayton's Office for Ministry and Religious Education Services (MORES). "In reality, we can learn to alter our lifestyles in order to help ourselves."

Three speakers will be featured at the meeting. Orthopedist Jude Smith will speak on "The Importance of Staying Active," community dietitian Joyce Karp will address "Paying Attention to What We Eat Doesn't Have to be Boring," and Erin Glueck of the Kettering Parks and Recreation Department will present "The Body Recall," a gentle exercise program.

Faith in Action members are asked to bring one or more items to be donated to St. Vincent's Hotel for the homeless. The meeting will also include a devotional and a business session. Refreshments will be provided. The meeting will be held in Room 2 on the sixth floor, next to the Magnolia Place Dining Room.

For further information on Faith in Action, contact Cathy Schneider at MORES at (513) 229-4325.