

Omega Sisters Ministry



Presents

Walk & Exercise for the Cause
Every Sunday
7:30 ~ 8:30 am
at various locations



This effort is to encourage and help women:

- Lose weight
- Maintain weight
- Stay healthy



This is also a fundraising drive to fund workshops, rap sessions, and other events Omega Sisters Ministry hosts in order to reach out to hurting women who need support physically, spiritually, mentally, and emotionally. The cost is only \$5 a month.

Spread the word, and join a healthier way of living.

Please contact Rolda Serieux at (786) 237-7854 to register.