

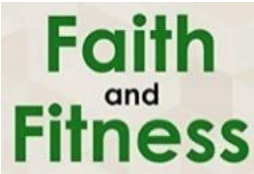
## Upcoming Classes – May - August, 2022

Classes are held Monday evenings @ 7-8pm; Hosted @ Martins Creek; 6111 CR 203, Millersburg

Call Love INC @ 330.473.6017 to register or online:

<https://www.loveincoghc.org/fresh-start.html>

### Child Care is Provided for all classes!



#### “Faith & Fitness”

May 9, 16, 23, June 6, 13, 20, 27,  
July 18, 25, August 1, 8, 15, 22

6:30-8:00pm

Facilitator: Beth Crone

Come and meet with others to see how faith & fitness intertwine. The class will include prayer, scripture, teaching and encouragement on the important topic of healthy living! There will be time built into the class for participants to choose to spend time walking, exercising or planning – whatever is helpful to meet goals!



#### “Purpose Driven Life” by Rick Warren

6 Week Study: May 9 – June 20

Facilitator: Joel & Annie Hostetler

Have you ever wondered what your purpose in life was? Or felt unworthy or unimportant? You are about to embark on a journey of discovery. Throughout this six-session video-based study, you are going to discover the answer to life’s most fundamental question: “What on earth am I here for?” Join us we discover our origin, our identity, our meaning, our purpose, our significance, and our destiny. As you become a part of this group and sit at the table, this study will change your life.



#### “Affirming Potential”

May 16-Aug 22, 2022

12 week class

Facilitated by Debbi Miller

This class evaluates the physical, emotional, relational and spiritual areas of a person’s life. It builds on the foundation that God has created us with essential worth and unique potential with a purpose in mind. Participants will learn to dream for the future, set goals and create steps to achieve those goals. Let us help you face and accept your past, to better understand the present as you embrace your future.



#### “Forgiving What You Can’t Forget”

7 Week Study – June 27-Aug 22

Facilitator: TBA

In this seven-week video Bible study, the author Lysa TerKeurst will help us answer: Is forgiveness the same thing as reconciliation? Does forgiving someone let them off the hook for the wrong they’ve done? And Can God help me with the pain of my past so I can move on from it? Join this class to answer these questions and find healing and forgiveness in your life.



#### “Faith & Finances”

12 week class - May 16-Aug 22

Meal – 5:30-6:00pm; Class – 6:00-8:00pm

Join our Faith & Finances Community. We’ll eat, laugh and struggle together as we learn to overcome obstacles, set financial goals, make spending plans, manage debt and loans and more. It is a curriculum that encourages us to consider God’s plans for our money & resources.



#### “Building Bounce:

How to Grow Emotional Resilience”

6 Week Study – July 18 – Aug 22

Facilitator: TBA

Let’s face it: Life is hard. We all get overwhelmed at times. But some people seem to bounce back from their upset emotions faster than most. Are they just born happy? Or is there a secret to building emotional resilience that anyone can learn? *Building Bounce* explains the theory behind growing emotional resilience and provides practical tools you can use in a variety of settings, such as growing your own emotional capacity, parenting children in ways that build joy, and helping others who live low-joy lives learn the skills that grow joy.

**CELEBRATION - All are welcome!!**

**August 29 – 7-8pm**

**Refreshments and a time to hear testimonies  
from those in the classes!**

**NO CLASSES ON: May 30, July 4, July 11**