

ENERGIZE YOUR BODY AND SOUL

# PENTECOST POWER HOUR

Saturday May 22, 2021

9AM - 10AM EST

or

12PM - 1PM EST

Virtual

**AN ENERGIZING WORKOUT AND  
REFLECTION FOCUSED ON THE  
TRANSFORMING POWER OF THE  
HOLY SPIRIT!**

**PRESENTED BY: DOUG LAWRENCE  
FITNESS AND COACHING  
MINISTRIES**

**Register at  
<http://bit.ly/douglawrencefcm-PPH>**

Doug holds degrees in Pastoral Studies and Theology, He is a certified personal trainer through the American Council on Exercise. He can be reached at [doug.lawrencefcm@gmail.com](mailto:doug.lawrencefcm@gmail.com)

Virtual

