

Health, Wellness & Fitness

Better Health

Leaders | Glenn & Hillary King.....214-923-3159

Email | gking@kinginstitute.org

Email: tki@kinginstitute.org

Frisco | 3rd Sunday 5:00 pm

Fellowship for individuals who desire to learn how to walk in better health through eating right, exercise & natural medicine support.

Children's Fitness

Leader | Todd Blackard.....214-202-3193

Email | blackardta@aol.com

Carrollton | 1st Saturday 11:00 am

Training and educating young boys with the knowledge of proper nutrition, the benefits of exercise and living a healthy lifestyle.

Get Healthy—Stay Balanced

Leader | Barbara Giberson.....214-914-7733

Email | wealthvictory@gmail.com

Carrollton | 3rd Sunday 6:00-8:00 pm

Learn proven and simple principles to bring your body into health, God's way! Through prayer, instruction and live demos you will achieve remarkable health results. Students learn to prepare a food dish each week and enjoy a class meal. Attentive children are encouraged to attend and participate. 7 week courses in January and August. Share Dinner Support Groups meet 3rd Sunday of each month. Additional Food Addiction group now forming, please call for more info.

Health, Wellness & Nutrition

Leader | Jerry Robertson.....972-394-8762

Email | jlhealth@yahoo.com

Carrollton | 4th Sunday 4:00 pm

For those who desire to promote good nutritional health habits in order to obtain and maintain healthy bodies. Through education and Biblical teaching the principles for great health revealed in God's Word.

Men's Wellness

Leader | Todd Blackard.....214-202-3193

Email | blackardta@aol.com

Carrollton | 2nd Saturday 9:30 am

Focus on mind, body and soul as one with total emphasis on the empowerment that our Lord wants us as men to have. We will focus on healthy lifestyle habits that honor & glorify our Lord. We will lift up and encourage kingdom men!

Rock Solid

Leader | Angela Frazier.....214-274-6473

Email | angelafrrazier5@yahoo.com

Various Locations | Every other Saturday 9:30 am

An ongoing Fit & Free team for wives, mothers and single women who enjoy eating at healthy restaurants and fun activities like skating and exercising. We also have a brief Bible Study that helps us to continue developing as women of God.