

February | March 2017

From Fantasyland To Bigger Than Life

Teena Henson
Writing a story of discipline, faith and joy

Training
Snap Back To Reality
Get your workouts grounded

Gardening
Soil & Sacrament
Down To Earth Food, Faith and Fitness

YMCA Focus
Replacing Complacen‘C’y With Chaplain‘C’y

Culture
Discovering Fitness At The Cross

PLUS Redefined Conference expands regionally AND Get It In Ghana



Destination Dallas

