 Fun, Fitness & Faith

Gathering



KSV Clubhouse

Kingwood, Texas

Meet new people, learn about detoxing foods,

get fit with Christian dance music and de-stress…

3rd Friday of every month 1-3 pm

(Jan 17,Feb 21,Mar 21,Apr 18,May 16,Jun 20)

1 pm – Meet & greet & Nutrition Update

1:30 pm DJ-led Praise Dance Music

2:15 pm Soaking Prayer Music to de-stress

Learn how to eat better, be active in a fun environment & how to relax.

No Cost to Attend! Ages <13 need adult supervision.

(soaking time may not be appropriate for young children)

<http://www.dancingdietitian.com/soaking-music-prayer.html>

Location: Kingwood Senior Village, 435 Northpines Drive, Kingwood, TX 77339

Directions: HWY 59 N,exit Northpark,drive 1 mi & turn right on Northpines Dr(before Harley Davidson Store), drive .25 mil & KSV is on left