

# 40-day Extreme Makeover – GODS way!

Brought to You By  
*CrossPointe Church, NW YMCA &  
Dr. Jeff Gancas*

## 1. Fueling your Body by God – THE “UN-DIET”

Eating the food God designed you to eat the way He designed you to eat it.

## 2. Moving Your Body by God

Getting ready to be used by God; *at any moment!*

## 3. Peace Management for your Body by God

Reduce the amount of stress creating circumstances in your life while discovering the way God designed you to handle the challenges of this world. This program will not only change your attitude, it will give you real action steps to take to improve your life and the lives around you forever.

## 4. Time Management for your Body by God

Learn how to get 160 hours out of a 40 hour week.  
*If you had more time, you'd get more done, eat better, and be less stressed!*

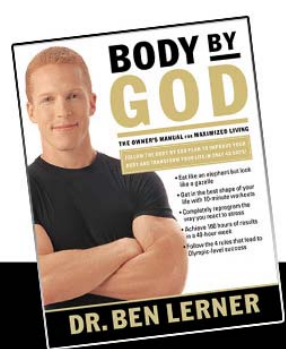
**Wednesday nights 6:30-8:00pm**

**Aug. 4 – Aug. 25**

**CrossPointe Church**

**Sign up today 345-7400**

**Work Book & T-Shirt \$25**



**TRANSFORM YOUR LIFE IN 40 Days!**

*Cross Pointe Church*

*5703 McNeil Dr. Austin, Tx.*