

The Saint Spyridon Philoptochos Anthousa Chapter
invites you to attend our

Annual Philoptochos Complimentary Membership Luncheon & Presentation



Join us to learn how to live better and healthier lives at any age through movement, nutrition, & prayer. We will offer simple and practical tips for exercises to strengthen your body, explore the Blue Zone dietary philosophy for longevity, and show how the power of prayer can enhance your well-being.

Presented by a panel of our very own parishioners:

Fr. Andrew Scordalakis

*Parish Priest, Economos & Protopresbyter,
Vicar of the Metropolis of San Francisco*

Dr. Rhad Brown

DPTz, OCS, Dip. MDT

Georgia Samouris

MBA, Registered Dietitian

Lucretia "Lucy" Simitzes

MA Physical Education, ISSA Personal Trainer

Body + Soul

Saturday, March 1, 2025, 11:00 AM

The Cypress Room, Saint Spyridon Greek Orthodox Church, 3655 Park Boulevard, San Diego, CA 92103

Call the Church Office at **619.297.4165** to make your reservations by **Sunday, February 23, 2025**