



Orthodox Christian Perspectives 2020

February 14, 15 & 16, 2020

Physical and Spiritual Health through good nutrition, fasting and an active prayer life

Mini-program: Friday, February 14, 2020, St. Demetrios GOC,
2020 Northwest 21st Street, Fort Worth, TX 76164

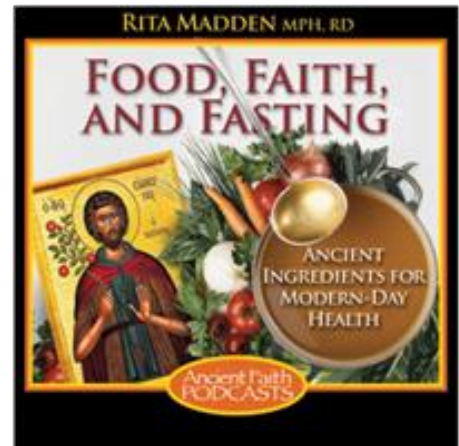
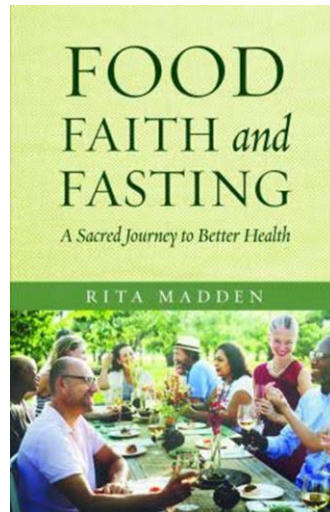
- 6:00-7:00 pm Reception and light meal
- 7:00-9:00 pm Presentations and Q/A

Full-program: Saturday, February 15, 2020, Holy Trinity GOC,
13555 Hillcrest Road, Dallas, TX 75240

- 8:30 am--Doors open
- 9:00-noon--Morning presentations and Q/A
- Noon-1:00 pm--Lunch
- 1:00-3:00 pm--Afternoon presentations and Q/A

Mini-program: Sunday, February 16, 2020, St. Seraphim Cathedral
OCA, 4208 Wycliff Avenue, Dallas, TX 75219

- 12:30 pm-2:30 pm (following Divine Liturgy)



Featured speaker: Rita Madden, MPH, RDN author of the book: [Food, Faith and Fasting, A Sacred Journey to Better Health](#). Her book was inspired by responses to her workshops and her podcasts on Food, Faith and Fasting, which are available on Ancient Faith Radio www.ancientfaith.com. As a Registered Dietician, Rita finds inspiration from the great role that the Eastern Orthodox tradition plays in modern-day health.

Admission is free.

Please pre-register at www.OCP2020NTOM.eventbrite.com

Find more details at North Texas Orthodox Missions at www.NTOM.org