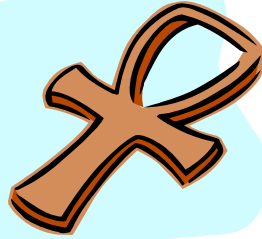




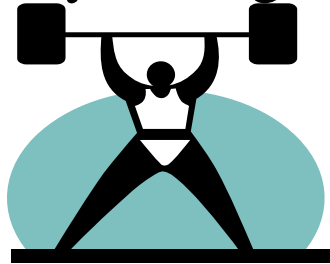
Men & Women in Prison Ministries  
Universal House of Refuge Center  
(M&WIPM/UHORC)

Learn  
valuable Life  
Skills



Develop  
healthy  
coping skills

Healthy Living Skills

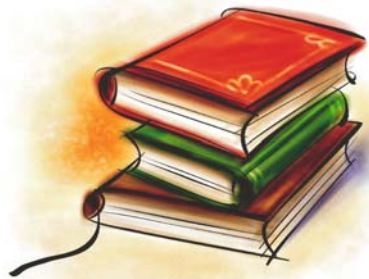


Learn about  
community  
development  
and wellness

Get nutrition  
facts and  
healthy  
eating skills

Program

Learn about  
financial  
health



Learn stress  
and anger  
management  
skills

ABRAXAS Southwood  
BI Spotlight on Re-Entry Program  
5701 S. Wood St.  
Basement Conference Room  
Healthy Living Skills Group Meeting  
Last Tuesday of each month @ 6:00pm

For more information contact: Charles Patton at 773-988-3411