



OUR SAVIOUR'S LUTHERAN CHURCH

160 Hill Farm Road, Fairfield, CT oursaviours.net

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For Immediate Release

Our Saviour's Hosts 'LifeTalk' on Happiness, Balance *Dr. Leonaura Rhodes is Guest Speaker on April 24*

FAIRFIELD, Conn., April 11, 2016 – Our Saviour's Lutheran Church is hosting a community presentation on Sunday, April 24, at 12:15 pm, featuring guest speaker Dr. Leonaura Rhodes, an expert on neuroscience and a health and happiness coach. Dr. Rhodes will discuss ways to reduce stress, become happier and create more balance in your life.

The hour-long event, which is free and open to the public, is part of the church's "LifeTalk" series of speaker-led conversations exploring issues of concern to the community. Coffee and refreshments will be served.

Dr. Rhodes has been on a mission to help people improve their health and wellbeing for nearly 25 years. She began her career in the UK as a physician specializing in general practice, public health and developmental pediatrics. Trained in neurotherapy, life coaching, strategic intervention coaching and marriage education, she is the author of the 2014 book, *Beyond Soccer Mom: Strategies for a Fabulous, Balanced Life*. For more about Dr. Rhodes, visit her website at www.drleonaurarhodes.com.

Our Saviour's is located at 160 Hill Farm Road in Fairfield. For more information, contact the church at (203) 255-0545 or visit www.oursaviours.net.

About Our Saviour's

Our Saviour's Lutheran Church, a congregation of the Evangelical Lutheran Church in America (ELCA), reaches out to the world and to its local communities with the Good News of the Gospel of Our Lord Jesus Christ. The congregation receives strength for this mission through Worship, Christian Education, Service, Benevolent Giving, Witness, Mutual Support and a commitment to grow in faith and participation. Our Saviour's is guided in the belief that, "As God Gives to Us, So We Give to Others." Holy Communion is celebrated during worship at 8:30 a.m. and 10:30 am each Sunday, with Sunday School and Adult Discussion held between services at 9:30 a.m. For more information, call (203) 255-0545 or visit us at www.oursaviours.net.

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