

Methodist Sport Medicine Presentation

On Wednesday, March 28 at 11:00 AM, two occupational therapist from Methodist Sport Medicine will be at St. Mark's to educate people on how to do everyday tasks without injuring yourself or wearing out your joints. This is a wonderful opportunity for all of us to learn more about such a vital part of our bodies. In order to plan, please RSVP to Kimberly Hart in the church office. Everyone is invited to attend.