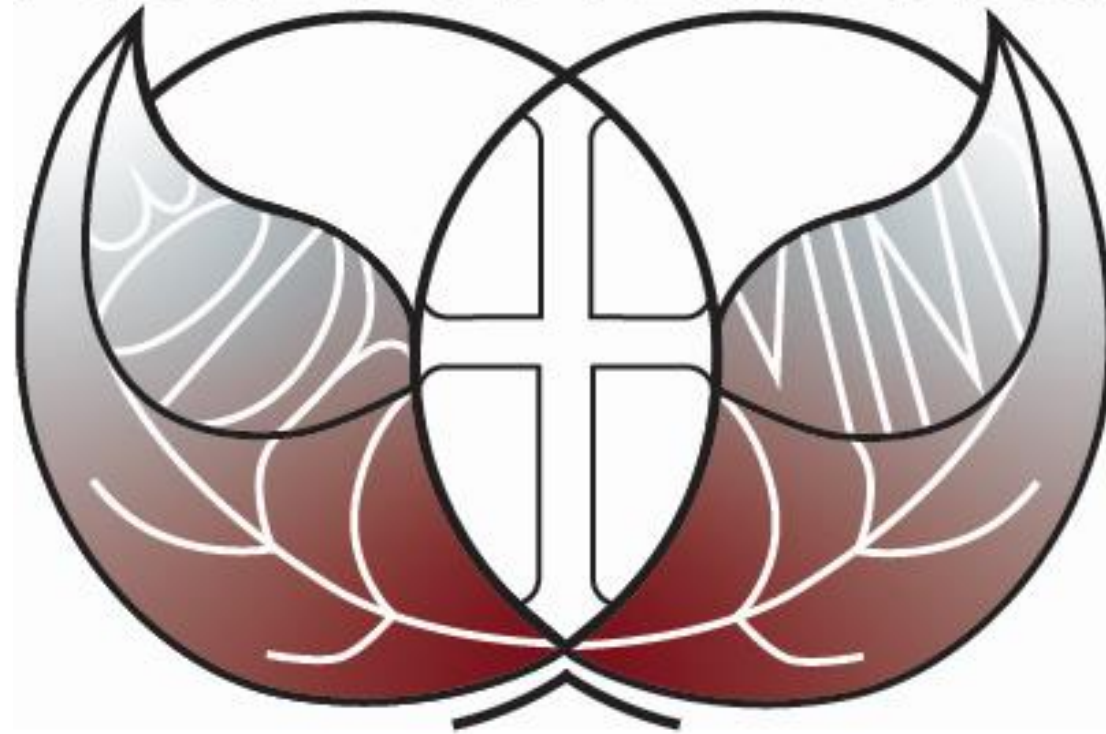


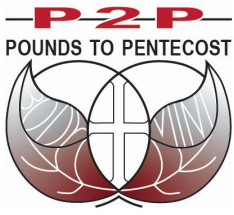


**P 2 P**

**POUNDS TO PENTECOST**



**CHECK-IN**



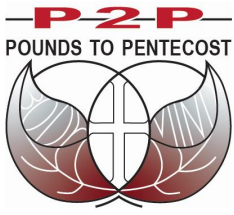
# COMMUNITY AGREEMENTS

- Silence your cell phone
- Be respectful
- Avoid promoting products
- Don't criticize other's preferences
- Stay on topic
- What is shared in the circle, stays in the circle
- Speak during your turn only
- Speak using "I" statements
- Speak honestly & from the heart
- Listen attentively when others are speaking
- Share space – speak briefly
- Other? \_\_\_\_\_



# OPENING PRAYER & INTENTIONS





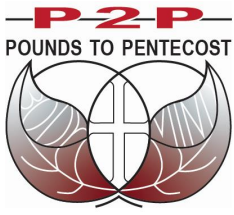
## MISSION STATEMENT

St. Margaret Mary is a vibrant parish community where physical health and mental wellness are respected. As a part of our annual Lenten journey, we focus on nutrition and physical activity as ways to respect the Spiritual Temples of our bodies and minds.

Together this Lent and Easter,  
let us shed pounds and rise again in newness of health and spirit.



SAINT MARGARET  
MARY ALACOQUE  
CATHOLIC CHURCH



# FACILITATORS



Rev. Long Nguyen, PHD

*Administrator and researcher on positive psychology with emphasis on performance and integration of spirituality and psychology.*



Lily Martinez, MPH, MCHES, IBCLC

*Director of health education and outreach for TCC Family Health with over 22 years of experience in healthcare.*



Manuel Delgado, LMFT

*Clinical supervisor for the Whole Child and licensed marriage and family therapist with over 22 years of experience in behavioral health.*

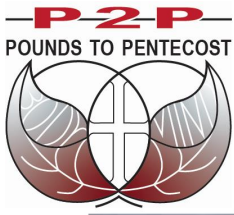


Cristina Allred, MS

*Speech and language pathologist with over 25 years in coaching the youth.*



SAINT MARGARET  
MARY ALACOQUE  
CATHOLIC CHURCH



# FACILITATORS



Patricia Simonetti, RN

*Retired registered nurse with over 30 years in healthcare and area of substance abuse and behavioral medicine.*



Michael Molina, BS

*Educator and community relation manager holding several positions in Los Angeles city government and currently serving as a government affairs consultant.*



James Barry, BS

*Applied nutritionist giving nutrition-based presentations to the surrounding community.*

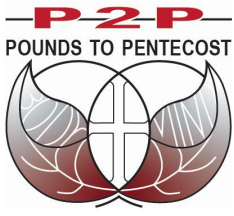


Judith Garvey, MS, LMFT, RN

*Judy is a Licensed Marriage and Family Therapist and Registered Nurse with over four decades of extensive medical and counseling experience. Her expertise covers adolescent, marriage, family, and grief counseling for individuals and groups.*



**SAINT MARGARET  
MARY ALACOQUE**  
CATHOLIC CHURCH



# FACILITATORS



Joe Castillo

*Marathoner and leader of Lomita City runner completed eight marathons and races of 5K's.*

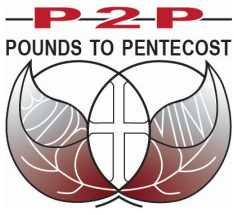


Sandra Traversa

*Parish business manager with passion in fitness and service to the community. She serves as facility and logistic manager.*



SAINT MARGARET  
MARY ALACOQUE  
CATHOLIC CHURCH



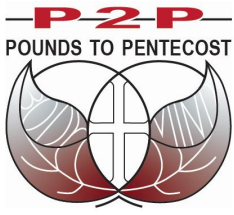
# P2P GOALS

**The P2P program will help you explore:**

- Healthier eating options
- Fun Physical activity Options
- Healthy tips to overcome challenges
- Community and spiritual resources that will support you on your journey







# SCHEDULE

DATE	TIME	Rm	TOPIC	FACILIATORS
2/23/2023	7:00 PM	HH	Holistic Spirituality	Fr. Long Nguyen
3/2/2023	7:00 PM	SMM	Healthy Lifestyles & Wellness	Lily Martinez & Manuel Delgado
3/30/2023	7:00 PM	HH	Nutrition & Facts Labels	Cristina Alred Joe
4/13/2023	7:00 PM	GS-A	Physical Activity	James Barry & P2P Team
4/27/2023	TBD	---	Field Trip to Botanical Gardens	Mike Molina
5/11/2023	TBD	---	Urban Farming at St. Albert	Fr. Long Nguyen
5/25/2023	7:00 PM	HH	Soul Food Retreat & Graduation	P2P Team



# CLOSING PRAYER

