

SEPTEMBER 17<sup>TH</sup>

THE MEN OF OUR PARISH WILL



RISE<sup>®</sup>

A 30-DAY CHALLENGE

**“I’m absolutely amazed at the impact this has had on me and my family.”**

**“Simple yet transformative.”**

**“I completed the 30-day RISE challenge today as a changed man.”**

Just 5 minutes a day delivered to your email. Register at:

**MenRiseUp.org**

See Bulletin for More Details.