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## **Church group keeps fit**

By Tracie Troha/Times-Journal Writer

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During the early morning of July 17, Dr. Bruce Taylor of Taylor Internal Medicine spoke to a group of around 15 women in the Ebenezer Missionary Baptist Church physical fitness class about how they can prevent and be aware of health problems.

In an hour-long question-and-answer session, Taylor discussed the warning signs of diabetes and heart disease, as well as the importance of keeping cholesterol and blood sugar levels low.

Taylor's visit to the class was the first in what will be a weekly program designed to keep people informed and in shape during an age when obesity has become a major problem throughout the U.S.

Robyn Carter, one of the instructors for the class, said Ebenezer Missionary Baptist received a grant worth over \$26,000 from the Beaumont Foundation of American to create the Rodney Irvin Arts and Technology Center.

The Christian-based RI-Tech Center recently incorporated other activities, including the physical fitness class, for both adults and children.

"We tell people in the class that this is not an exercise class," Carter said. "We usually do yoga, stretching, and other activities to strengthen the muscles."

The physical fitness class meets twice a week and, along with the workout, participants will also hear from speakers from various health-related fields. Carter said the program is not only a way for people to learn how to get in shape, but also why staying active is important.

The new physical fitness class is free and meets at the church every Saturday at 9 a.m., and at 6:30 p.m. on Tuesdays.

Along with the class, the RI-Tech Center also offers liturgical dance and mime classes on Mondays from 10 a.m. to 11:30 a.m., computer access with AmeriCorps workers on site from 11 a.m. to 4 p.m., and a free lunch program sponsored by the City of Selma on Mondays through Fridays from 11 a.m. to noon.

For more information about the RI-Tech Center, contact Ebenezer Missionary Baptist Church at 875-1382.