

# How Church and Faith Enhance Mental and Physical Health



**Multimedia presentation by Patrick Chisholm, Senior Fellow at the Catholic Apologetics Institute of North America (CAINA) and author of *Holy Health: How Church Makes You Healthier and Happier*. Scores of scientific studies show that regular churchgoers tend to not only have better mental health and life outcomes, but also better physical health. What is it about prayer and worship that so improve health, happiness, and longevity? Come find out—and let non-churchgoing family and friends know what they're missing!**

**Saturday, January 7, 6:30pm**  
(after 5:30pm Mass)

**St. Andrew Parish Hall**

St. Andrew the Apostle Catholic Church, Clifton, Virginia

**Everyone welcome!**

**Pizza and refreshments will be served.**