



HE HEARD MY CRY



LESSONS IN SPIRITUAL WELLBEING

LOUISE BLYTH – SPIRITUAL MOTIVATOR

Chippy
WELL
fest

I am here because:

I am here because:



Knowing the symptoms of bowel cancer could save your life



Bleeding from your bottom
and/or blood in your poo



A persistent and unexplained
change in bowel habit



Unexplained weight loss



Extreme tiredness for
no obvious reason



A pain or lump in your tummy

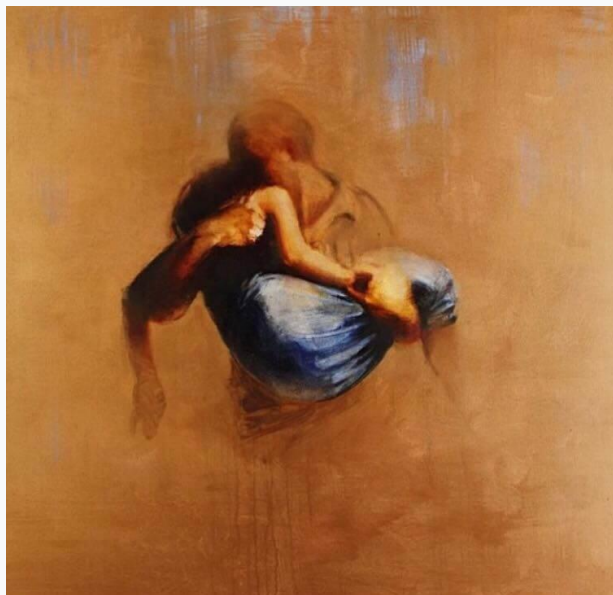
If you have any concerns or if things just
don't feel right, go and see your doctor.

bowelcanceruk.org.uk @bowelcanceruk /bowelcanceruk

How did I get so much hope?



What does God feel like?



How to live a spiritual life – your pledges



How we live our days is how we live our life.
Live for TODAY.



Listen to your gut.



Be open to circumstantial signs.



Meditate /pray.

I am here because:

**HE
HEARD
MY CRY** 

*Wonderfulness
of life*



THANKS FOR LISTENING



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WELL
FEST