



# First Responders Foundation Physical Health Team

## ROCK SOLID FOR JESUS

**Rock Solid for Jesus is a 12-week class held at the \*First Responders Foundation Wellness Center that is designed to empower people to live spiritually and physically fit lives. The program starts with a 20-30 minute workout, followed by a light snack and a time to visit with others in the group. The program concludes with a bible study/devotional. The instructors are Ruth and Jason Dolan. This program is for all First Responders, Veterans, and their families. Minimum age is 18.**

The cost is \$25 for the 12-week session.  
For more information email Ruth at [rocksolidforjesus@gmail.com](mailto:rocksolidforjesus@gmail.com) or call Adam Tripp Director of Physical Health 402-788-1574.



**To Register:**  
<https://frf.pushpress.com/open/subscribe/k377>

\*Rock Solid for Jesus is not a program of the First Responders Foundation