



# LIFE INC RAPID CITY COMMUNITY CLASSES

## WINTER 2026

Free Classes | Kids Ministry Available | Free Shuttle To & From Class | Dinner Provided

**Tuesday Nights | Jan. 13 - Mar. 3**  
**5:30 - 7:30pm | Redeeming Grace Church**  
(640 E. Saint Patrick St.)

### **Bridges to Freedom**

Addresses quality of life by exploring purpose, lasting change, honesty, self-image, and healthy conflict resolution.

### **Life Explored**

This class helps participants discover what they're truly living for and how God meets our deepest desire for happiness in Christ. Ultimately, participants discover that life's greatest pleasure is enjoying God himself.

**Thursday Nights | Jan. 8 - Feb. 26**  
**5:30 - 7:30pm | The Foundry Church**  
(730 Quincy St.)

### **Nutrition**

Learn the basics about nutrition and healthy eating patterns, how to plan healthy meals, how to understand food labels, & tips for grocery shopping.

### **ReAlign Financial Class**

This class is designed to help you embark on your journey toward better financial management and achieving financial freedom

### **Getting Ahead Workshop in Partnership w/ St. Vincent de Paul**

This workshop helps low-income participants—called "investigators"—build resources for a better life. As the recognized experts on poverty in their community, investigators work through rigorous modules in a safe environment with certified facilitators. The curriculum explores social belonging in Rapid City's culture, behavioral health, and middle-class norms and language to foster collaborative relationships.

*This class meets twice a week, one night at each campus.*

**Text "register" to 605.939.7402 or visit [loveinonline.com](https://loveinonline.com)**



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[Jill@love-inc.us](mailto:Jill@love-inc.us)