



Sunshine

Temperance

Exercise

Proper Diet

Fluid Intake

Air (Fresh)

Sleep & Rest

Trust in God

# StepFast Lifestyle Series

Sundays, March 7, 14, 21 and 28, 2010, 2:30-6:00 p.m.

The Ultimate Health Seminar—Based on the 8-Laws of Health!

The Children's Program for 10 and up is back with Sandra Kisner, RN, BS, CCM!

## SEMINAR SCHEDULE

SESSION I—SUNDAY, MARCH 7	SESSION II—SUNDAY, MARCH 14	SESSION III—SUNDAY, MARCH 21	SESSION IV—SUNDAY, MARCH 28
*Baseline Health Screenings	Walking with Judy	Walking with Judy	*Progress Health Screenings
Media Presentation <i>Lifestyle and Your Health</i>	Media Presentation <i>Prevent Heart Attack, Part II</i>	Media Presentation <i>Mastering Diabetes</i>	Media Presentation <i>Natural Ways to Healing</i>
Fitness with Judy	Fitness with Judy	Fitness with Judy	Fitness with Judy
Media Presentation <i>The Ideal Diet</i>	Media Presentation <i>Stress Management</i>	Media Presentation <i>Fighting Fatigue</i>	Media Presentation <i>Food and Phytochemistry</i>
Cooking Demo with Rose Ann	Cooking Demo with Rose Ann	Cooking Demo with Rose Ann	Cooking Demo with Rose Ann
Media Presentation <i>Prevent Heart Attack, Part I</i>	Media Presentation <i>Weight Control</i>	Media Presentation <i>Healthy Brain</i>	Media Presentation <i>Dealing with Osteoporosis How to Stop Smoking</i>
Food Samples Served	Food Samples Served	Food Samples Served	Food Samples Served

\*Blood Pressure, Blood Cholesterol, Blood Glucose, BMI

CONVENIENT LOCATION\  
 Patterson Avenue Seventh-day Adventist Church  
 3901 Patterson Avenue, Richmond, VA 23221  
 (between Hamilton and Malvern Streets. off 195)

**REGISTRATION DEADLINE MARCH 1!**

- ♥ Lifestyle Media Presentations
- ♥ Health Screenings—Baseline and Progress
- ♥ Simple Fitness Program
- ♥ Vegan Food Demos & Samples (enough for dinner!)
- ♥ 150+ Page Resource Manual

**Contact Person: Rose Ann or Henry @ 804-672-3837**

*StepFast Lifestyle Health Seminar—March 7-March 28, 2010—REGISTRATION FORM*

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

How I found out about this Seminar: \_\_\_\_\_

Make Check or Money Order Payable to: PASDA Church

Category	Seminar Fee	Number of Participants	Total
Adults 18 +	\$50.00/ person		\$
Couple (share a manual)	\$75.00/couple		\$
Children 10+	\$25.00/child		\$
<b>TOTALS</b>			<b>\$</b>

**MAIL TO: Patterson Avenue SDA Church, P. O. Box 9401, Richmond, VA 23228**