

StepFast

Lifestyle Series

- Need practical help with health and fitness?
- Looking for reliable health information from acclaimed preventive healthcare specialists?
- Seeking optimal lifestyle based on proven medical science and the health principles found in God's Word?
- Want to easily share prevention & wellness with others?

- 170-PAGE RESOURCE MANUAL
- LIVE COOKING DEMOS
- PLANT-BASED FOOD SAMPLES & RECIPES
- SIMPLE FITNESS PROGRAM
- NIGHTLY BLOOD PRESSURE CHECK
- GREAT DOOR PRIZES
- HEALTH-RELATED VIDEOS & BOOK SALES
- ONLY \$59.00 FOR ENTIRE SEMINAR!

Schedule

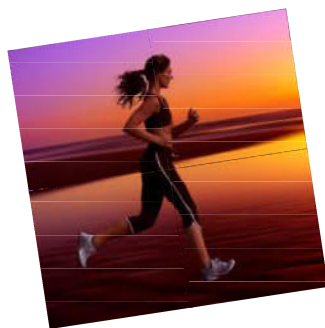
Six Sundays, April 3 - May 8
from 6:00 - 8:00 p.m.

You'll Receive:

- Live vegetarian cooking demonstrations of simple but tasty recipes
- Samples of the recipes demonstrated
- Handouts of recipes, fitness materials and more!
- Resources for vegetarian diet and healthy lifestyle

You'll Learn to:

- Enjoy a delicious, plant-based diet
- Engage in a simple, energizing, exercise program
- And be empowered and de-stressed by a disciplined spiritual life!



Plan to attend the series. Cost is only \$59 per person or \$89 per couple. Space is limited so register now!

2 WAYS TO REGISTER!

Register online at stepfastrichmond.org or mail in the attached registration form.

A LIFE-CHANGING HEALTH SEMINAR!

Sick and tired of being sick and tired?

Ready to shed those extra pounds and keep them off?

Want to learn to cook delicious plant-based meals?



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**STARTS SUNDAY,
April 3, 2011**

Registration at 5:30 p.m.
Seminar Starts at 6:00 p.m.

Seminar Location:
Gayton Kirk Presbyterian Church
11421 Gayton Road
Henrico, Va 23238

Lifestyle Presentations

- Heart Disease - Dr. John Scharffenberg presents the *Ten Commandments to Prevent Heart Attack*.
- Osteoporosis - Dr. Zeno Charles-Marcel builds a case for building bones in childhood.
- Cancer & the Immune System - You can boost your immune system naturally, and Dr. Tim Arnott will show you how. Learn about the many cancer-protective foods available to you.
- Weight Control - Dr. David DeRose presents practical weight-loss tips that help you win at losing!
- Diabetes - Dr. Zeno Charles-Marcel presents the "Diabetes Mastery Program."
- Hypertension - Dr. Tim Arnott lends expertise on reducing blood pressure.
- Brain Health - Dr. Neil Nedley explains how to boost your brain power and enjoy enhanced mental and spiritual health.
- Benefits of Vegetarianism - Dr. Nedley presents the optimum diet!
- Stress Management - Dr. Skip MacCarty presents keys to stress management that will revolutionize your life!
- Fatigue - Dr. Hardinge explains why we're so tired and how you can beat fatigue.
- Maximizing your Devotional Life Louis Preston presents vital keys to spiritual growth.
- Natural Remedies - Dr. Winston Craig presents herbal remedies and the role they play in health recovery and wellness.
- Hydrotherapy - Rich Smith, Director of Hydrotherapy at Lifestyle Center of America, demonstrates simple hydrotherapy treatments you can perform at home.



Health & Lifestyle Connection

Today, as public awareness grows regarding the relationship between lifestyle and wellness, people are becoming more conscientious about their health habits. Theories abound, creating confusion about what practices regarding nutrition and lifestyle can be trusted as the best course of action. And sometimes, what is recommended just seems too impractical to implement.

StepFast Lifestyle Series Steps In!

This dynamic 12-part video series features leading experts in preventive medicine, who will help you understand the relationship between lifestyle and disease. By engaging in simple, practical, natural lifestyle habits, you can make a difference in the health you enjoy.

Why combine health & spirituality?

While it is true that "heredity loads the gun," it is also true that "lifestyle pulls the trigger!" With God's help, you CAN take charge of your health! Follow the practical, easy assignments at the end of each program, and soon, you will see an amazing difference.

Visit StepFastRichmond.org
for more info!

StepFast Lifestyle Series Registration Form

NAME(S) _____ TELEPHONE _____

ADDRESS _____ ZP _____

CITY _____ STATE _____

Seminar Fee: \$59/each or 2 people sharing one manual ONLY \$89.
Please complete form and return with check payable to:
Fair West End Seventh-day Adventist Church
P. O. Box 5460
Glen Allen, VA 23058

Advance registration is appreciated. Please e-mail info@stepfastrichmond.org for additional information.