

Who Should Attend?

Women of faith who are also serious about their health.

If you are looking for some magical, miracle cures, you won't find it here. This is an information-dense program that will show you how to improve your health, feel better, and live longer.

But, be warned, you'll laugh while you learn. Known as America's Personal Health Motivator, nutritionist David Meinz has been entertaining and enlightening audiences around the USA and Canada for over a decade.

If you're serious about getting well, staying well, and enjoying the health God meant you to have, this program is for you.

Continuing Education Units available for Health Professionals

Look and Feel Great – God's Way!

If you're like most women today, *you're a little concerned* about your weight. You don't seem to have the energy you used to... You feel guilty anytime you have dessert... *Exercise? Who has the time?*... You own a Thigh-Master, Ab-Blaster, and Gut Buster... You've tried the Low Carbohydrate Diet, the High Protein Diet, the



Grapefruit Diet, and practically every diet ever conceived... *The idea of swimsuit season is just plain scary...* You wish you could get your family to eat better, and the doctor says your *husband's cholesterol is a "little high"...* First they told you to take hormones, now they say don't. **You don't know what to believe any more!**

But, it doesn't have to be this way...

Imagine a life of energy, health, and extraordinary vitality... Picture your body at ideal weight... Your clothes look great on you, and everyone tells you so... *You're confident in your ability to provide delicious good-for-you, energy-building foods for you and your family...* You're so pleased that you—for the first time in your life—are **honoring God with your body...** *Your spiritual health is re-energized because you're physically healthy, too.*



EXTRA SPECIAL BONUS!

Everyone who attends will receive a **FREE 1-year subscription to Cooking Light magazine. A \$37 value – yours, FREE.**

Sponsored by
St. John's First Place 4 Health

Register Today!

Name: _____

Address: _____

Phone: _____

Cell Phone: _____

Email: _____

Lunch Preference: turkey vegetarian

Referring Church/Organization:

Registration Fee Enclosed:

_____ x \$39 (before July 1) = _____

_____ x \$49 (after July 1) = _____

Total Enclosed = _____

(Make checks payable to St. John's THCW)

Do you want CEUs: yes no

License type: _____

License Number: _____

MAIL completed registration with registration fee enclosed to:

St. John's Lutheran Church

Attn: THCW

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