

HEALTH AND LIFESTYLE CONNECTION

"One of the most convincing arguments for a plant-based diet is the fact that it prevents a broad range of diseases". National Bestseller, *The Most Comprehensive Study of Nutrition Ever Conducted, The China Study* by T. Colin Campbell, PhD, gives compelling scientific evidence for making the switch to a plant based diet. "A low-fat, completely vegan diet is the healthiest diet of all, says *The Survivor's Handbook* from *The Cancer Project*. Today, as public awareness grows regarding the relationship between lifestyle and wellness, people are becoming more conscientious about their health!

STEPFAST LIFESTYLE STEPS IN!

This dynamic 8-session seminar features leading experts in preventive medicine, who will help you and your family understand the relationship between lifestyle and disease. By enjoying in simple, practical, natural lifestyle habits that include plant-based eating, you can make a difference in the health you enjoy!

Are you ready to:

- ♥ Experience less stress & more energy?
- ♥ Shed extra pounds and keep them off?
- ♥ Save money by living healthier?

THE STEPFAST PROGRAM IS FOR YOU!

IS THE PROGRAM EFFECTIVE?

Past Participants give this series rave reviews!

A GREAT PROGRAM!

- ♥ 140-PAGE MANUAL
- ♥ LIVE COOKING DEMOS
- ♥ GENEROUS FOOD SAMPLES
- ♥ BASELINE & PROGRESS HEALTH SCREENINGS
- ♥ SIMPLE FITNESS
- ♥ HEALTH-RELATED BOOK SALES
- ♥ COMMON HEALTH ISSUES ADDRESSED
- ♥ DOOR PRIZES AND MORE!

AN INCREDIBLE VALUE!



stepfastrichmond.org

STEPFAST LIFESTYLE SERIES

Patterson Avenue Seventh-day
Adventist Church
3901 Patterson Avenue
Richmond, VA 23221

Contact Person: Rose Ann Campbell

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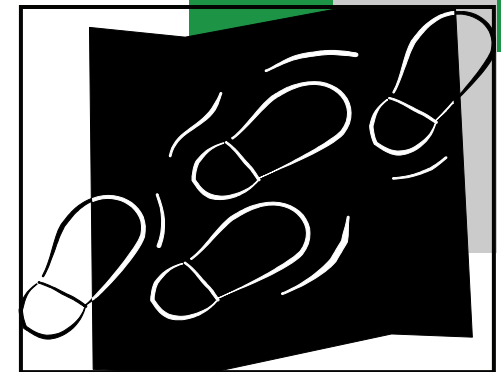
Fax: 804-355-8123

E-mail: hcampbelljr@gmail.com

StepFast Lifestyle Series

**BE HEALTHY!
SAVE MONEY!
LOSE WEIGHT!**

The Ultimate Health Seminar!



INTRODUCING:

InStep for Life Fitness Program

BEGINS ON:

Sunday, March 15, 2009

TO REGISTER:

Call 804-672-3837 today!

LIFESTYLE PRESENTATIONS

Sunday, March 15

3:00-4:00 PM *Baseline Health Screening

4:00-6:00 PM *Lifestyle and Your health
The Ideal Diet*

Monday, March 16

7:00-8:30 PM *Prevent Health Attack , Part I*

Sunday, March 22

3:00-4:00 PM *InStep for Life with Judy*

4:00-6:00 PM *Prevent Health Attack, Part II
Stress Management*

Monday, March 23

7:00-8:30 PM *Weight Control*

Sunday, March 29

3:00-4:00 PM *InStep for Life with Judy*

4:00-6:00 PM *Mastering Diabetes
Fighting Fatigue*

Monday, March 30

7:00-8:30 PM *Healthy Brain*

Sunday, April 5

3:00-4:00 PM *Progress Health Screenings

4:00-6:00 PM *Natural Ways to Healing
Food and Phytochemistry*

Monday, April 6

7:00-8:30 PM *Dealing with Osteoporosis
How to Stop Smoking*

*Blood Pressure, Blood Cholesterol, Blood Glucose, Cardiac Fitness (onsite physician evaluation)

STEPFAST TEAM PRESENTS NIGHTLY:

- ♥ 30-Minute Video Presentation of Preventive Healthcare Specialists with Henry
- ♥ Fitness Segment with Judy
- ♥ Cooking Demos with Rose Ann and Friends
- ♥ Food Samplings (enough for dinner!)

WHY COMBINE HEALTH AND SPIRITUALITY?

God desires that you “prosper and be in health, even as your soul prospers.” (III John 2).



LEARN TO MAKE HEALTHY CHOICES

through the *StepFast Lifestyle* Seminar, you’ll be empowered to make lifestyle choices that will truly give you an abundant life!

In other words, He is interested in every aspect of your being! We, too, believe in whole person health and want to help you develop physically, mentally, socially and spiritually. And that’s why we want to share these life-changing health principles with you. We pray that

CONVENIENT LOCATION:

Patterson Avenue Seventh-day Adventist Church
3901 Patterson Avenue
Richmond, VA 23221

(between Hamilton & Malvern Sts. just off 195)

**TO REGISTER:
Call Rose Ann
@ 804-672-3837**

RESERVE BY MARCH 10!

**StepFast Lifestyle Health Seminar
March 15-April 6, 2009**

REGISTRATION FORM

Names(s) _____

Address _____

Phone _____

Email _____

How I found out about this seminar: _____

Category	Seminar Fee	Number of Participants	Total
Person 13 +	\$50.00	_____	\$ _____
*Couple	\$75.00	_____	\$ _____
TOTALS			\$ _____

*One (1) manual per couple (any two people) or family. No health screenings under age 13.

Make check payable to: PASDA Church
\$ _____ Check Enclosed

Mail to: **Patterson Avenue SDA Church**
P. O. Box 9401
Richmond, VA 23228

CHILDREN 12 AND UNDER FREE!

Contact Person: **Rose Ann Campbell**
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Email: hcampbelljr@gmail.com