

*Gems Natural Health Center*

Presents

# Principles of Health Seminar

Presented by

Dr. Keith Lawrence Ph.d

Natural Health and Nutrition

Certified Natural Health & Nutrition Counselor

Winning Strategies for Balancing  
Life, Health, & Family

Air

Water

Discover easy, winning strategies for balancing your life, health, and family. You'll learn how to:

- Reduce your risk of disease
- Increase your energy and immune health
- Gain freedom from habits that hurt
- Relieve stress and improve mood
- Reach and maintain your long-term goals
- Achieve your ideal weight

You'll also discover exciting, solid solutions for building a better brain, better habits, and a better life!

Each *Principles of Health* Session is filled with practical information, scientific facts, and lively interactive discussions.

Research shows that the lifestyle choices you'll learn to make at each of the *Principles of Health Seminars* can lower your risk for heart disease, diabetes, stroke, cancer, high blood pressure, too-and that will improve anyone's mood!

No pills. No restrictive diets. No club memberships. Just common sense based on the latest scientific facts.

**Calvary All Denominational Christian Church**  
**1751 Baugh Ave. East St. Louis, IL 62205**  
**Pastor BJ Jackson**  
**Wednesday January 14<sup>th</sup>, 2015**  
**7:30 pm.**

Rest

Sunshine

Moderation

Exercise

Trust in God

Nutrition

You're invited to enjoy each life-changing presentation on health awareness!