

Gems Katural Health Center

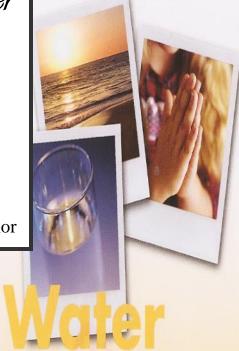
Presents

## 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



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
- 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!

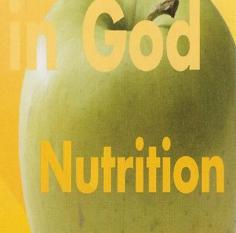
Each *Principles of Health* Session is filled with practical information, scientific, facts, and lively interactive discussions.

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 Moderation Sunshine Exercise



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