



It's Time to Change Your Lifestyle!



Are you up for the challenge?
Let us be your support team for this 28 day challenge!

Sunday, February 23 • 2:00 – 3:30 p.m.
Quickel Lutheran Church • 60 E. Canal Rd., York, PA

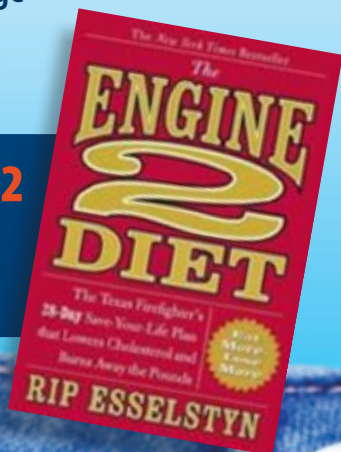
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- Learn how to lower your blood pressure, cholesterol etc. by adopting a plant based diet.
- FREE health assessments before and after the 28 day challenge
- FREE food samples
- FREE recipes

FREE Engine2 book while supplies last



- Please Pre-register no later than Wednesday, February 19th *(seating is limited)*
- Call (717) 855-3619 for more information or online at:
AttendHope.com/engine2

Location:

Quickel Lutheran Church

60 E. Canal Rd. • York, PA 17406

(not affiliated with the Quickel Lutheran Church)

