

A hand holding a large gold key is the central focus. The key is positioned over a collage of images: a woman in a red shirt and black pants jumping in a green field under a blue sky with white clouds; a variety of fresh fruits including strawberries, an orange, a tomato, a green apple, purple grapes, and a kiwi slice; and a head of broccoli. The overall theme is health and vitality.

Brain/Body Keys

for your

Ultimate Health

Move From Wanting to Winning!

Beginning: Monday, April 6 • 7:00 p.m.

Church Auditorium • 4029 US HW 23 S • Alpena, MI

Visit: AttendHOPE.com/HealthKeys

Opening Session: **Monday, April 6, 7 p.m.**

From Wanting to Winning.

Discover how to create an internal and external culture of wellness in a fast, frenzied world. Learn simple but powerful strategies to not only achieve but maintain your healthy weight, while learning practical successful strategies for beating chronic ailments.

Second Session: **Tuesday, April 7, 7 p.m.**

Hearts on Fire: Quenching the Fires of Diabetes, and Heart Disease.

Discover the link between chronic inflammation, diabetes, low energy, and heart disease. Learn powerful tips to tame the fires of inflammation, beat metabolic disease, boost energy naturally, and build habits for better mental and physical health!

Third Session: **Thursday, April 9, 7 p.m.**

Engineered for Success: Lifestyle Links for Beating the Blues.

Is it possible to “beat the odds” even if you’ve been dealt hardships and trouble? Discover powerful tools for renewal of hope, restoration of mental function, and recovery of health.

Bonus Session! **Saturday, April 11, 11 a.m.**

Includes a complimentary garden-healthy lunch!

MindSet Matters.

Mindset has much to do with achieving and maintaining long-term success in personal goals and staying committed to important priorities. Learn how to develop the “mental mettle” to gain strength and success in the face of life’s greatest challenges.

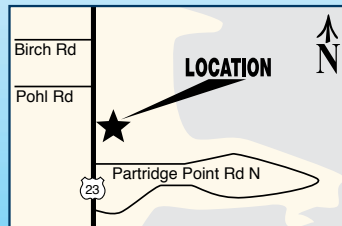
Meet Our Presenter



Vicki Griffin, MS, Human Nutrition, MPA, is the Director of the Lifestyle Matters Health Intervention Series and Editor of Balance Magazine.

- Free Admission & Study Materials
 - Each meeting is a stand-alone topic. **Plan to attend them all.**
- Register now!**
- Call (989) 916-8764 for more information or online at: **AttendHOPE.com/HealthKeys**

Location:
Church Auditorium
4029 US Highway 23 S
Alpena, MI 49707



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