

AN EXCITING LIFE-CHANGING
HEALTHY LIVING EVENT!



Register online at: AttendHOPE.com/Selfcare

Moving from Healthcare to Selfcare

Beginning: Tuesday, September 15, 6:30 p.m. • Cadillac Commons The Market • 131 W Cass St. • Cadillac, MI 49601

Opening Session:

Tuesday, September 15, 6:30 p.m.

Quenching the Fires of Diabetes and Heart Disease

Learn practical strategies to reduce metabolic disease, boost energy naturally, and optimize physical and mental function.

Second Session:

Tuesday, September 22, 6:30 p.m.

Food, Mood, Cravings, and Immune Health

Experience how to overcome powerful cravings, restore healthy appetite control, and improve immune health—for good!

Third Session:

Tuesday, September 29, 6:30 p.m.

Lifestyle Links for Beating the Blues

Discover powerful tools to fight depression, renew hope, and restore health, even in this crazy-busy world.

- Build brain and body health through nutrition and lifestyle
- Overcome chronic metabolic disease
- Build immune–defense into your lifestyle
- Dial down depression and improve energy naturally
- Beat food addictions and build positive habits

We Value Your Safety OUR RESPONSE TO COVID-19

Your health and safety are our top priority. We are taking every precaution to keep you and our staff safe to prevent the spread of Coronavirus. We are carefully following appropriate state government and federal social distancing guidelines including providing masks, sanitizing bathrooms and public areas nightly.



Meet Our Presenter

Vicki Griffin, MS, Human Nutrition, MPA, is the Director of the Lifestyle Matters Health Intervention Series and Editor of Balance Magazine. Her health intervention programs and magazine are used worldwide. Vicki's special area of interest is the link between nutrition, lifestyle, immune and brain health. She lectures worldwide on the relationship between lifestyle and stress, brain health, and chronic disease.

- FREE Admission
- FREE Health Materials

Attend “in-person” or “on-line”. To register for “in-person” or to access live-stream link visit: AttendHOPE.com/Selfcare.
For More Information Call: 231-429-6102

Location:

Cadillac Commons The Market
131 W Cass St. • Cadillac, MI 49601



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Requested in-home date
September 2-4**

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