



STRENGTH

through the

STORM

*Lifestyle **Keys** for mind & body health*

Coming Tues., Oct. 27 • 6:30 p.m. • Community Service Building • 3600 County Farm Road, Jackson, MI

Opening Session: Tues., Oct. 27, 6:30 p.m. Immune Health and Brain/Gut Connections.

Discover “keystone” strategies for building immune, digestive, and brain health—for good!

Second Session: Wed., Oct. 28, 6:30 p.m. Lifestyle Keys to Beat the Blues.

Depression is about broken connections—in the brain and with each other. The big picture, and the bigger promises and plan.

Third Session: Thurs., Oct. 29, 6:30 p.m. Engineered for Success: Living Free.

Discover powerful tools for renewal of hope and recovery of health. Discover the keys to overcome bad habits—for good!

BONUS Session: Sat., Oct. 31, 11:15 a.m. Habits that Last—Mindset Matters.

Discover how to develop a mindset for overcoming obstacles and building healthy habits that last!



Meet Our Presenter

Vicki Griffin, MS, Human Nutrition, MPA, is the Director of

Lifestyle Matters. She has produced numerous lifestyle programs including: Balanced Living, Living Free, and the Lifestyle Matters Health Intervention series. She has authored numerous books and is the editor of Balance magazine. Vicki lectures and travels worldwide sharing the lifestyle links to better mental, physical, and spiritual health.

Tues., Nov. 8, 3:00 p.m. Setting Personal Boundaries.

Personal boundaries are critical to our emotional and mental health because they establish basic guidelines of how we choose to be treated, and treat others. Setting personal boundaries can help us be a Christian example for others when we live our lives with respect, caring, integrity, stability and balance. We will learn why boundaries are important, how we can establish them, and learn from the Bible.



Meet Our Presenter

Laurie Snyman is a licensed social worker who owned her own practice for over 20 years and now practices tele-health with her clients. She enjoys speaking and writing. She is married to a pastor and has two grown children.

Register now for these in-person or livestream events.
Register by calling **517-499-3019** or visit: **AttendHOPE.COM/Strength.**

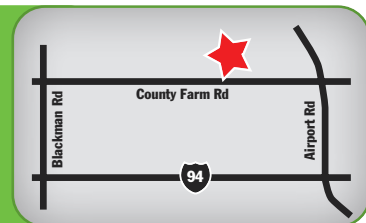
The storms of life—we all have them.

You know, the storms of stress, uncertainty, sorrow, and sickness. Discover powerful lifestyle keys that will empower you to thrive—not just survive—your storms.

- Enjoy fun and prizes in a relaxed setting
- Receive practical handouts and session materials
- Experience powerful, informative lectures and interactive lifestyle features
- Personalized lifestyle Q and A segments
- And much, much, more!

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.



Location:

Jackson Adventist Church
3600 County Farm Rd, Jackson, MI

Date Sensitive Material
Requested in-home date
Oct. 12-14

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