

You are Invited to Attend

Secrets to WELLNESS



*Join us for a Sunday afternoon seminar on
wellness beginning at 1:30 PM*

Debary/Orange City Seventh-day Adventist Church
2535 S Volusia Ave (17/92) • Orange City, FL

you will discover...



✓ How to maintain a personalized exercise program designed just for you.



✓ How to lose weight and keep it off.



✓ How to reduce your risk of heart disease, cancer and diabetes.



✓ How to make positive lifestyle choices with ease.



✓ How to handle stress and cope with anxiety.



✓ How to prepare delicious, nutritious vegetarian dishes.



The Wellness classes are a free community service, however the **Wellness textbook** that is used during the class will be available for \$10.

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Sunday afternoons on February 16 & 23 beginning at 1:30 PM



ERNESTINE FINLEY, BA. BS.

has conducted health lectures and vegetarian cooking classes with rave reviews around the world. Her recently published *Vegetarian Cookbook, Natural Lifestyle Cooking*, is being used by thousands to cook nutritious, delightful meals for their families.



MARK FINLEY, MA. DD.

is a television personality, author, world traveler and sought after speaker who gives over 300 presentations each year. He has traveled to around one hundred countries and loves to share principles of physical, mental, emotional and spiritual health from a Biblical perspective.



GEORGE GUTHRIE, MD. MPH CDE CNS FAFP FACLM.

Dr George Guthrie has focused his medical degree on Lifestyle Medicine, helping individuals with chronic diseases make the behavior changes necessary to prevent and reverse disease, treating the cause and not just the disease. He teaches in the Allopathic Family Medicine Residency at Advent Health-Winter Park, is a Certified Diabetes Educator, and has his MPH in Nutrition. He is the immediate past president of the American Academy of Lifestyle Medicine. *Eat Plants, Feel Whole* was recently released by Advent Health Press in October of 2019.



RALUCA MCROBERTS, BA. MA.

Has conducted plant based cooking classes for the past few years. She has worked with Mark and Teenie for many years and their love for health and wellness has rubbed off on her.

Registration:

(386) 775-3722 or
www.SecretsToWellness.Live

Light supper will be served

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