

Date Sensitive Material
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Feb. 22-24

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Starting: Monday, March 1, 6:30 p.m. in Sawyer, MI

You're Invited!

- Reverse diabetes
- Improve heart health
- Learn heart healthy habits
- Lower blood pressure
- Lose unwanted pounds
- Lower stress
- Lower your cholesterol and triglycerides in 6 weeks

Meet Our Presenter



Melody Wallace, BSN, RN has been a RN for forty years, Faith community nurse for 8 years, and health education for 32 years. She has extensive research experience in natural prevention and management for better health.

Medical Contributors:

Dr. Dale Leffler, DO Cardiology Specialist at Lakeland Heart and Vascular.
Dr. Kimberly Azelton, MD in Family Medicine



Coming April 5, 2021 • Vicki Griffin, MS Human Nutrition; MPA Vicki is the director of Lifestyle Matters, Fit and Free, and the editor of Balance Magazine. She lectures worldwide on brain health and disease prevention.

Location

Chikaming Adventist Church
13083 Red Arrow Highway
Sawyer, MI 49152



At Amazing Health you will discover the secrets of optimum living. Learn how to prevent and reverse diabetes, metabolic syndrome, obesity, heart disease, and hypertension. If you are struggling with a chronic disease or simply wanting to reach your full potential; then *Amazing Health* is for you! Each session is filled with scientifically sound, practical information. Get ready for lively interactive features and helpful handouts. Learn practical lifestyle links to better mental and physical health. **No pills. No restrictive diets. No club memberships.**

Pre-Register today at:
AttendHOPE.com/Amazing
or call: (269) 313-2632 for questions.

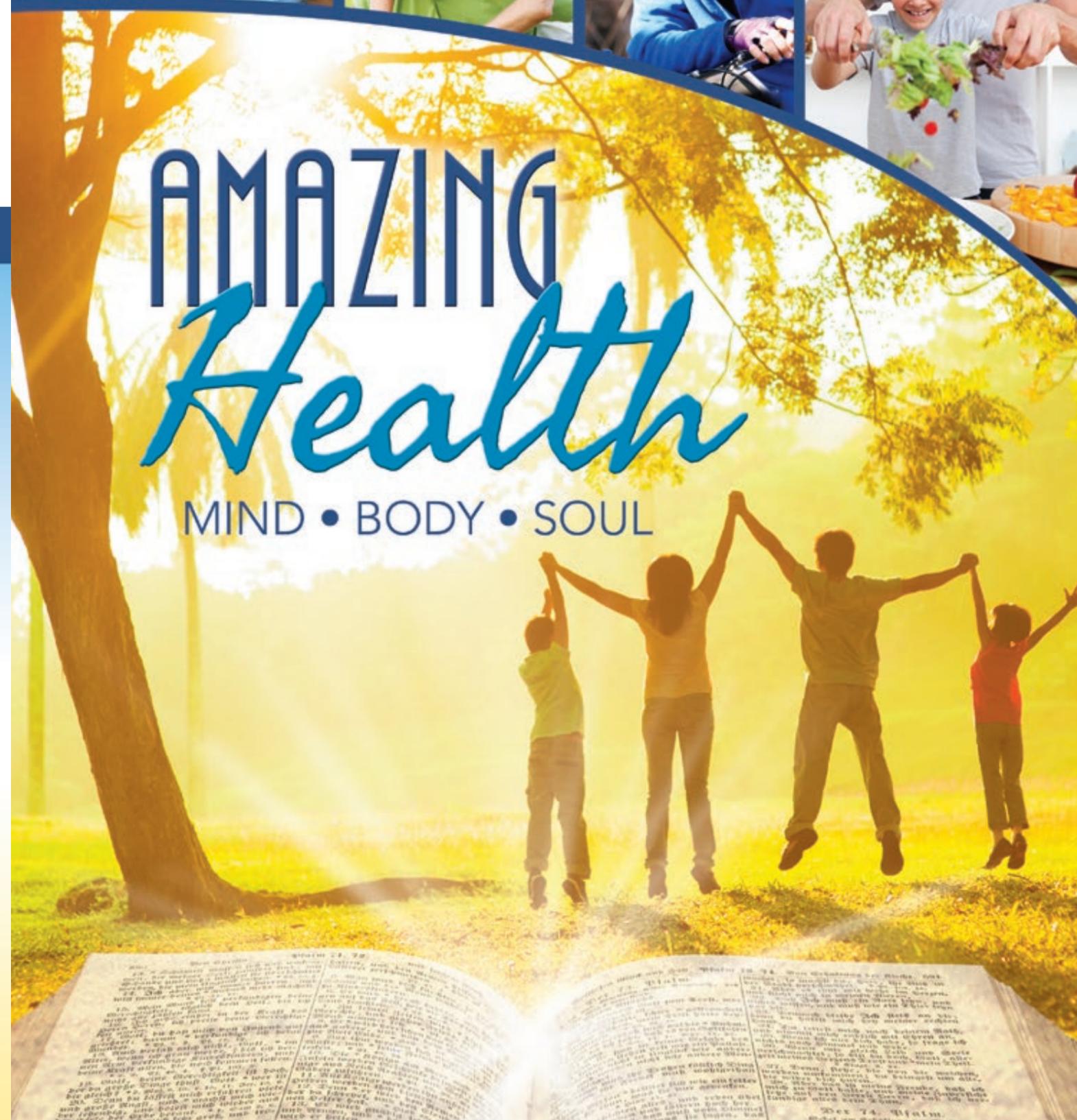


FREE Admission ■ FREE Parking
■ FREE Health Materials ■ FREE Samples



AMAZING Health

MIND • BODY • SOUL



Starting: Monday, March 1, 6:30 p.m. in Sawyer, MI



AMAZING Health

You're Invited to This Exciting Life-Changing Health & Lifestyle Seminar



The principles that you learn at these meetings may prevent, manage or reverse diabetes, hypertension, obesity and heart disease. **This will lower your risk of severe COVID 19.**

Don't Miss this Event! Pre-Register today to receive a gift opening night at: AttendHOPE.com/Amazing



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Opening Night
Monday, March 1
6:30 p.m.
Lifestyle Tools for Taming Diabetes
Discover powerful, practical strategies to beat the diabetes trap.



Second Night
Thursday, March 4
6:30 p.m.
Diabetes: Don't Just Fight Hard—Fight Smart
Steps to better choices—that last!



Third Night
Monday, March 8
6:30 p.m.
When it Comes to Your Health—Lifestyle Matters!
Find out what is most important to your health.



Fourth Meeting
Thursday, March 11
6:30 p.m.
Power on Your Plate
Introducing your fabulous, forgotten friend—fiber!

Continuing each Monday and Thursday at 6:30 p.m. until April 8th.



Joseph – “For the first time in years I am sleeping better, my blood pressure is under control naturally, and I have energy to exercise!”



Madlyn – “Eating for brain as well as body health has motivated me to make better choices. I now understand the connection.”



Matthew – “I am so thankful for the tips on how to maintain a winner’s attitude. I can do this for life, not just for a few weeks.”



Andrea – “My cholesterol levels are lower; I have been able to get my sugars within normal range and lower my need for medication!”