

FALL HEALTH EVENTS



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"LIFESTYLE SOLUTIONS" COOKING CLASSES*

Delicious plant-based cooking demonstrations combined with short lectures, focusing on lifestyle solutions for better health. *Featuring *New Breed® Meat* creator Samantha Edwards

DATES & TIMES: September 28-30 (4:00-5:30 pm)

PLACE: Student Center

COST: \$75 (includes: "Lifestyle Solutions" or "The Better Way" cookbook and food samples).



DEPRESSION & ANXIETY RECOVERY™

Scientifically based mental health education intended to restore hope for those looking for healing. Discover tools to improve mental health and help others with these conditions.

FREE INFO SESSIONS: September 8th or 15th (5:30-6:30 pm)

DATES & TIMES: Tuesdays, September 22nd – November 10th (5:30-7:30 pm)

PLACE: College Building, Classroom 280

COST: of resources only.



DIABETES UNDONE

Learn how to prevent or reverse this debilitating disease. Join us for a hope-filled course and reclaim your health! (Directed by health professionals) Ask for alumni discount!

DATES & TIMES: Thursdays, October 1st – November 19th (5:30-7:00 pm)

PLACE: College Building, Classroom 280

COST: \$85 for participant materials (workbook, cookbook and DVD).



NATURAL REMEDIES

Boost your health and cure pain, inflammation and other ailments with the use of natural remedies, such as water, charcoal, clay, honey and much more! (Inquire about one free RN visit!)

DATES & TIMES: Wednesdays, September 9th – November 18th (4:00-5:30 pm)

PLACE: Blue Stone Clinic Kitchen

COST: \$40 for four classes and participant materials.



SECRETS TO LIVING STRONGER & LIVING LONGER

Fascinating science-based evidence for the health principles found in the Bible book of Daniel.

Each session includes facilitated group discussions (Inquire about one-on-one Bible studies)

DATES & TIMES: Saturdays, October 3rd – November 21st (9:00-10:45 am)

PLACE: Weimar University, College Cafeteria

COST: FREE! Includes student material and food samples.



Contact us: health@weimar.edu / (530) 422-7911



Weimar University, 20601 W Paoli Ln. Weimar, CA



Weimar
University



Total Community
Involvement



HEALTH EVANGELISM
AND LEADERSHIP TRAINING FOR HIM

HOW CAN WE HELP YOU?

- | | | |
|--|--|--|
| ☐ Lifestyle Coaching | ☐ Massage | ☐ Free Nursing visit |
| ☐ Diabetes Reversal | ☐ Hydrotherapy | ☐ Weight Loss |
| ☐ Lowering Blood Pressure | ☐ Home Organization | ☐ Natural Remedies |
| ☐ Depression & Anxiety | ☐ Cleaning | ☐ Bible Study |
| ☐ Healthy Cooking Classes | ☐ Yard Work | ☐ Prayer & Visitation |



NAME _____

EMAIL _____

PHONE _____

ADDRESS _____