

Welcome
Adventures in Christian Health & Wellness
Mount Zion United Methodist Church
Nutrition Class – Thursday, September 9 – 11 AM -12 Noon
The information is a combination of Richard's personal knowledge, having studied Anatomy, physiology, health & wellness over 65 years and current information from highly reputable medical & nutritional research organizations.

Lesson Plan – Next Class - Thursday, October 2021 14 – 11 Am -12 Noon

- 1. Steps to Boost Brain Power – Consumer Report on Health**
- 2. Shilajit – The Resin of Life**
- 3. Cancer Detection Guidelines – National Foundation for Cancer Research**
- 4. New Nutrition Facts on Food & Supplement Labels – Nutrition Action News**
- 5. Boost Your Health with Chili Peppers – Environmental Nutrition**
- 6. Mushrooms Linked with Cancer Protection**
- 7. Recognizing the Health Dangers in Ultra-processed Foods – Tufts University Health Letter**

Lesson Plan Docs to Be Emailed to People Who Attend This Class

Great information to Pass on to Family, Friends & Younger Generations.
Please feel free to Invite Family, Neighbors & Friends, etc.

Cost – Free Value – Priceless

Hippocrates, Father of Medicine said, "Let Food Be Thy Medicine & Medicine Be Thy Food"
Any Questions and/or Suggestions, please contact Richard

Stay Well
Time

Be Grateful

See You Next