

**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**
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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