

Welcome

Adventures in Christian Health & Wellness
Mount Zion United Methodist Church

Nutrition Class – Thursday, August 12, 2021 – 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

- a. All About Supplements by Dr. Will Mitchell, MD, DOM, MS Nutrition – Author of the Book, Unbreakable Brain
- b. 7 Strategies To Prevent Cancer –Harvard Women's Health Watch
- c. Can Collagen Improve Your Skin – Harvard Women's Health Watch
- d. A Vegetable Linked with Cancer Protection – Environmental Nutrition
- e. A Healthy Long Life Is Within Your Reach – Bob Livingston Ltr

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

Next Class: Thursday, , September 9,, 2021 – 11

Am -12 Noon

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

Stay Well
See You Next Time

Be Grateful