

**KEYS TO A
LONGER, STRONGER
HAPPIER
LIFE!**

Beginning: Saturday, August 19, 11:00 a.m. • 149 Polk Rd, 43 Fairgrounds Rd., Mena, AR 71953

Opening Session:

Saturday, August 19, 11:00 a.m.

Life In Abundance

Second Session:

Saturday, August 19, 6:30 p.m.

The Benefits of Fresh Air

Third Session:

Sunday, August 20, 6:30 p.m.

Health through Sunlight

Fourth Session:

Monday, August 21, 6:30 p.m.

The Gift of the Will Power

Fifth Session:

Tuesday, August 22, 6:30 p.m.

The Best Refreshment, "Water"

- Enjoy powerful, informative lectures and interactive lifestyle features
- Discover tasty food tips for busy people on the go
- Enjoy food, fun, and prizes in a relaxed setting
- Receive practical handouts and session materials
- Personalized lifestyle Q and A segments

Sixth Session:

Wednesday, August 23, 6:30 p.m.

The Benefits of Exercising

Seventh Session:

Thursday, August 24, 6:30 p.m.

The Original Food

Eighth Session:

Friday, August 25, 6:30 p.m.

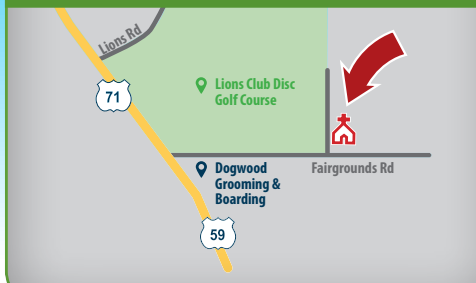
The Physical, Mental, and Spiritual Rest

Ninth Session:

Saturday, August 26, 11:00 a.m.

Trust God And His Promises

LOCATION: Mena Adventist Church
 149 Polk Rd, 43 Fairgrounds Rd.
 Mena, AR 71953



Meet Our Presenter:

Dr. Steven Dence, Naturopatic Doctor was born in the northern part of New York. He studied at the University of Bernadean In Van Nuys, CA where he graduated as a Natural Remedy Physician. He has 45 years of experience in Natural Remedy in the United

States as well as in Mexico. Dr Steven Dence has traveled to different countries offering health seminars and vegetarian cooking classes.

During these times of economic uncertainty and

social unrest, nearly every age group has seen an increase in depression, stress, addictions, and chronic ailments such as obesity, high blood pressure, and diabetes. In this short but powerful series you will discover practical, evidence-based keys for renewal of hope, recovery of health, and restoration of balanced, purpose-filled living.



Register now for this in-person event.

Register by visiting: AttendHealth.Live/Mena

FREE Admission • FREE Health Materials • FREE Parking

**Date Sensitive Material
 Requested in-home date
 August 11-14**

Postmaster: if undeliverable, do not forward or return!

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