

AN EXCITING LIFE-CHANGING
HEALTHY LIVING EXPO



Healthy LIVING

Beginning: Sunday, May 7, 6:00 PM • 5400 W. St. Joe Hwy. • Lansing, MI 48917

Opening Session: Sunday, May 7, 6:00 p.m.

Fast, Fresh and Healthy

Discover the amazing benefits of simple, healthy, plant-based meals.

Second Session: Tuesday, May 9, 6:00 p.m.

Healthy Balanced Menus on Balanced Budgets

Learn to make healthy, tasty food choices that positively impact your budget!

Third Session: Thursday, May 11, 6:00 p.m.

Better Breakfast for a Better Day

Jumpstart your busy day with nutrition and flavor!

Forth Session: Sunday, May 14, 6:00 p.m.

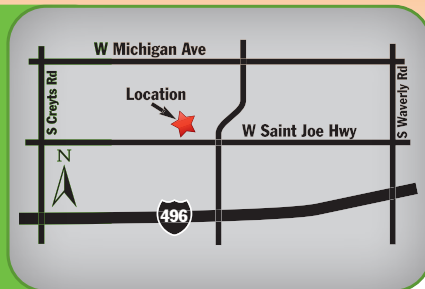
Sweets and Party Treats--Guilt Free!

- 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

FREE Admission

FREE Meal Each Evening!

Location:
Lansing Seventh-day
Adventist Church
5400 W St Joseph Hwy
Lansing, MI 48917



Meet Our Presenters

Mandy Francis, Dr. Kim Azelton, and More! For 25 years, Mandy has been sharing how healthy cooking can be doable, tasty, and fun. Dr. Azelton, a specialist in family and lifestyle medicine, has a passion for sharing scientifically sound information about health and wholistic wellness.

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/Lansing**

Date Sensitive Material
Requested in-home date
April 28 - May 1

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