

Tired Of Being High
Risk For Covid?



Register online at: AttendSeminar.Live/Selfcare

Moving from HEALTHCARE to SELF CARE

April 15 & 16, 2021, 7 p.m. • The Z Hall • 1775 Owosso Ave • Owosso, MI

These important four topics will be covered each night • 7 p.m. - 9 p.m.

Thursday, April 15

Friday, April 16

Understanding Mental Health

As we determine to begin a transformational journey to reduce dependence on the healthcare system, healthy thinking is of utmost importance.

FREE

autographed copy of Dr. Small's book "Healing the Heart" for the first 50 participants each night!

Understanding and Overcoming Pain

Reduce dependence by preventing painful conditions, increasing our body's natural pain relieving abilities and increasing pain tolerance.

Disease Prevention and Lifestyle

Improve motivation and self-control to establish & maintain a healthy weight and exercise program.

Graceful Aging

Prepare for aging by establishing advance directives, understanding the dying process and anti-aging techniques.

Moving from Healthcare to Selfcare



Meet Our Presenter

Dr. Roy Small completed his Osteopathic medical degree and master's degree in Health Professions Education at MSU, as well as a master's degree in Evangelism and Church Planting through Liberty University. His lecture series and

book, developed over 25 years practicing family medicine in Chesaning, Michigan. Caring for a 100-bed nursing home, for over 10 years, Dr. Small became acutely aware of the devastating consequences of end stage medical conditions; he determined to advance chronic disease prevention and reversal.

Visit us online at: AttendSeminar.Live/Selfcare

■ FREE Admission ■ FREE Study Materials

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**Date Sensitive Material
Requested in-home date
April 9-11**

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Location:

The Z Hall (previously the ZCJB Hall)
1775 Owosso Ave • Owosso, MI



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