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April 23-25

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Seminars Unlimited
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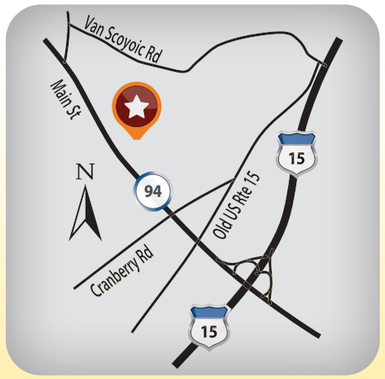
Starting: Thursday, May 1 at 7 p.m. in York Springs, PA

Meet Our Presenter

Randy Nims For nearly a decade I was a Qualified Mental Health Professional working in a residential facility as well as a Rehabilitation Specialist in a Day Treatment program. I specialized in sex offense treatment in the adolescent population but also worked with various other behavioral problems. I provided direct skills training services to youth and families in both the residential and community-based setting. When you look around you there's no denying it, our world just isn't what it used to be. Natural disasters happen more often and with greater magnitude. Do you think there is a link between our planet's health and our own wellbeing? I invite you to come learn about the intersection of faith and wellbeing, from a Biblical and clinical perspective. Join me as together we tackle tough issues dealing with marriage & family, parenting, stress relief, depression recovery, anger management, drug use & addiction, and much more.

Location

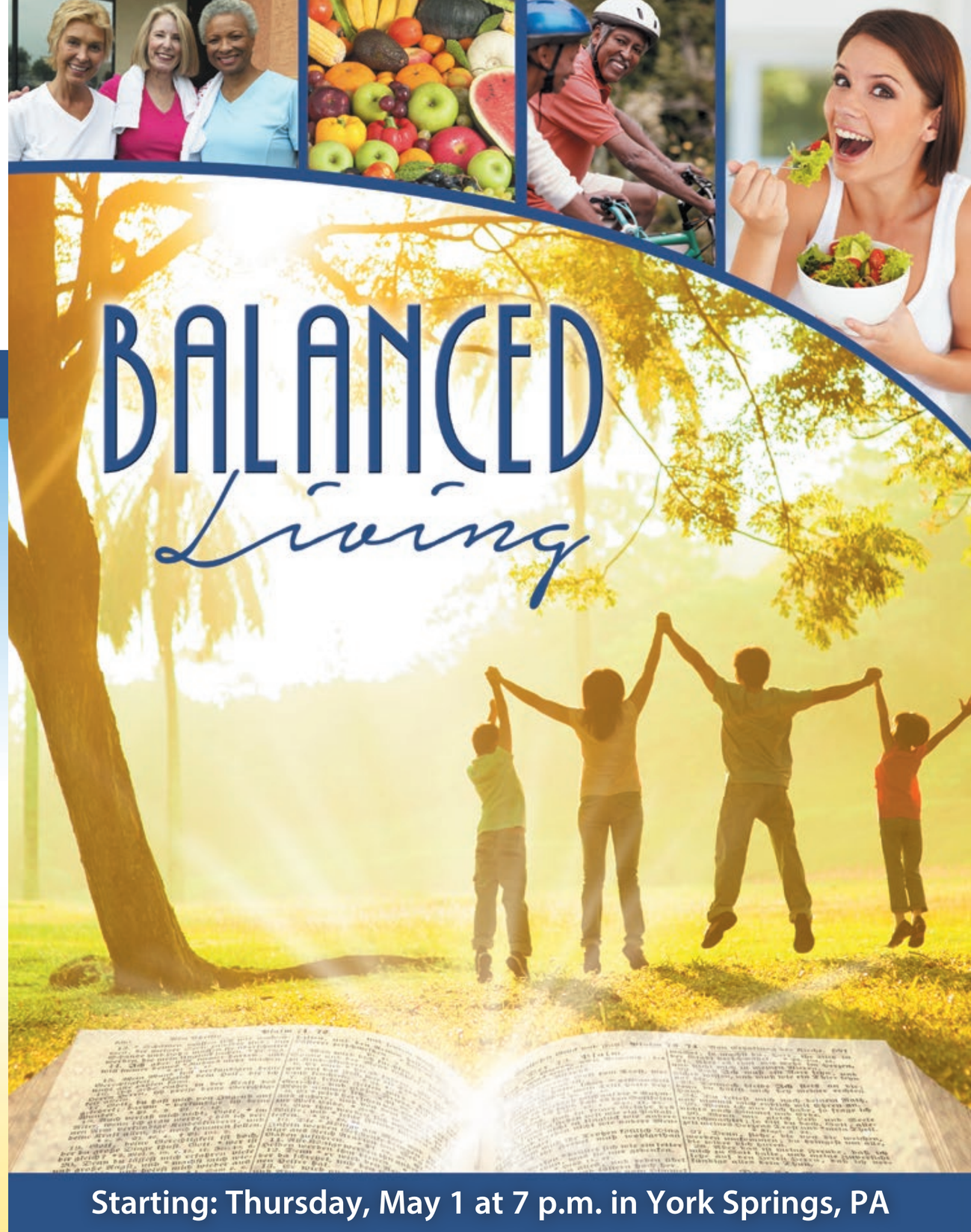
York Springs Fire Company
312 Main Street
York Springs, PA, 17372



This seminar will provide you with practical knowledge of natural health based on biblical principles, scientific evidence, and clinical and personal experiences.

Don't Miss this Event!
Pre-Register today.
Visit: AttendHealth.Live/YorkSprings

FREE Admission ■ FREE Parking ■ FREE Study Materials
Come: Bring a Friend, Your Family, Relax and Enjoy!



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BALANCED *Living*

MIND • BODY • SOUL

You're Invited to This Exciting Life-Changing Health & Lifestyle Seminar

You will discover and learn how to:

- Use proper coping skills
- Navigate grief and loss
- Improve your health-naturally
- Increase your energy and vitality
- Let food be your medicine
- Find health in the Bible
- Live a healthier and happier life and much, much more

Do our lifestyle choices really make a difference?

Do you want to discover the secret of true health and happiness, and begin to experience and enjoy life more abundantly? If so, this seminar is for you! Come and share in a learning experience that will not only be informative, but inspiring. This seminar will provide you with practical knowledge of natural health based on biblical principles, scientific evidence, and clinical and personal experiences.

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Opening Night

Thursday, May 1 • 7 p.m.

Faith and Grief

How does someone deal with the loss of a loved one? By ignoring the emptiness? Everyone grieves differently and coping with grief isn't easy. Learn some ways to move beyond your grief to a richer quality of life.

Second Night

Friday, May 2 • 7 p.m.

Depression Recovery

While depression is common, each person's individual experience and path to recovery will be unique. Come and learn a variety of tools and strategies to cope with and navigate depression.

Third Night

Tuesday, May 6 • 7 p.m.

Marriage and Family

Do you believe it's possible to overcome challenges, find hope, and step into the marriage God intended for you? Come discover what God has in store for you and your marriage.

Future Dates and Topics include:

Thursday, May 8, 7:00 PM
Parenting

Friday, May 9, 7:00 PM
Stress Relief

Saturday, May 10, 7:00 PM
Anger Management

Tuesday, May 13, 7:00 PM
Weight Management and Fitness

Thursday, May 15, 7:00 PM
Drug Use and Addiction