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Starting: Thursday, October 1, 7:00 p.m.

Discover practical, science-based, biblical solutions for a healthier, happier you!

Meet Our Presenters



David DeRose, MD, MPH, is a practicing physician with specialties in both Internal Medicine and Preventive Medicine. In addition to his conventional training, DeRose has some four decades of experience with lifestyle medicine and other natural therapies. Known for his knack for explaining difficult subjects, Dr. DeRose is a syndicated talk radio host, popular lecturer, and writer, being published in peer-reviewed medical journals as well as in the lay press. He is co-author of the bestselling book, *Thirty Days to Natural Blood Pressure Control*, as well as his more recently released title, *The Methuselah Factor*.



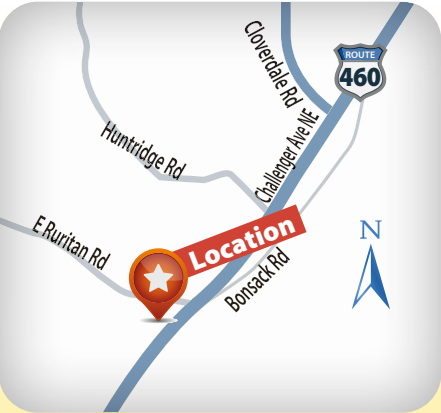
Dr. Ryan McLennan is dual board-certified in emergency medicine and lifestyle medicine. With over a decade of experience working in emergency departments, he has often questioned why interventions are delayed until health problems become critical. This has inspired him to pursue a deeper interest in lifestyle medicine, where he focuses on prevention and long-term wellness. Dr. McLennan is the cofounder of *ROSC: Revive Your Life*, an annual six-week lifestyle medicine program to help participants prevent, halt, and even reverse many chronic diseases through lifestyle changes.



Pr. Chris Buttery is a full-time minister who believes the missing ingredient to health and healing is the application of certain vital biblical principles to the life. For nearly three decades he has helped thousands of people across the globe appreciate the Bible and its benefits to develop the whole person. Pr. Buttery has developed a website of Christian living resources and produced two broadcast TV programs, *Receiving The Word* and *Central Study Hour* with domestic and international reach.

Location

Event Room
4120 Challenger Avenue NE
Roanoke, VA 24012



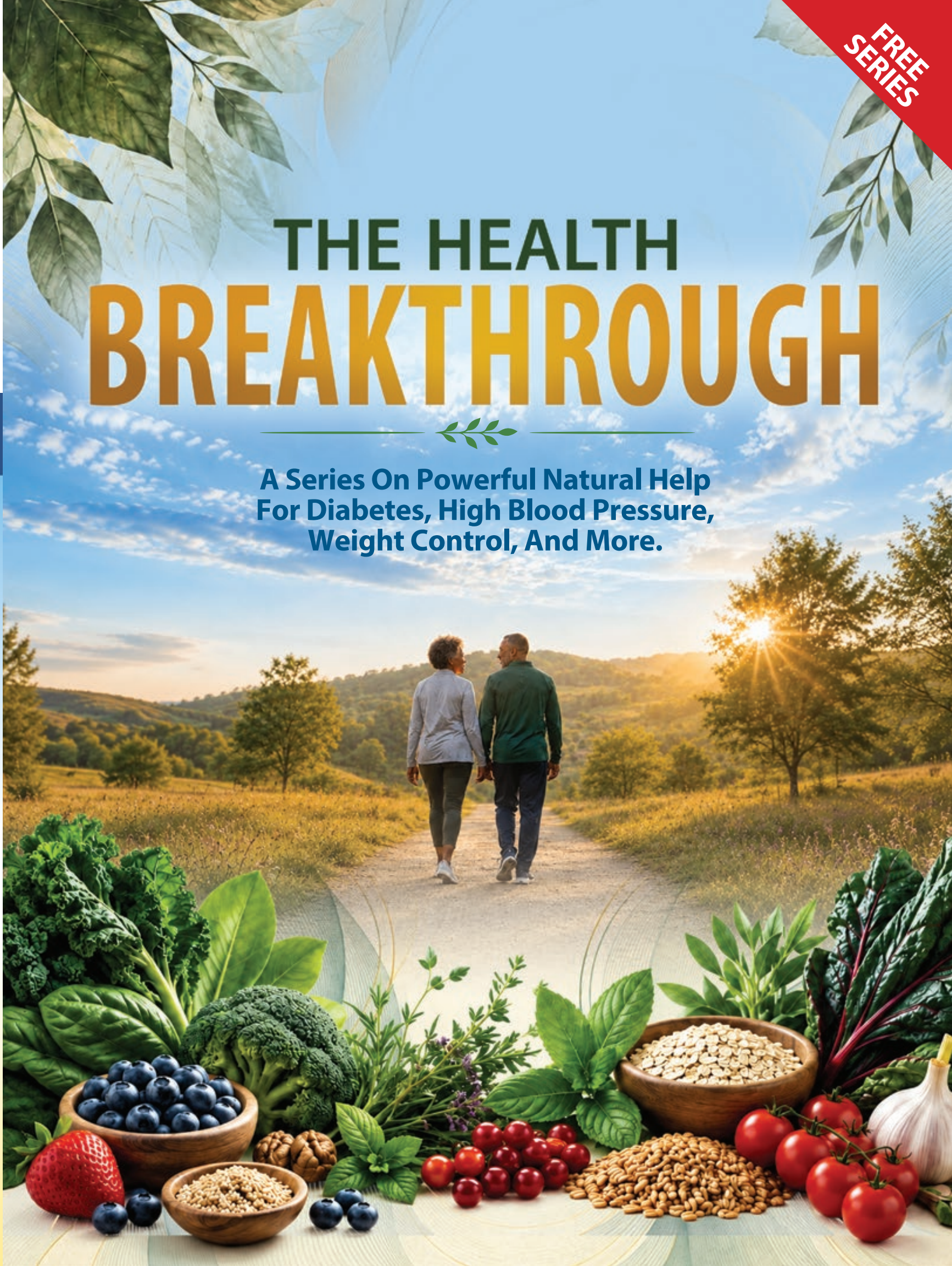
Discover practical, science-based, biblical
solutions for a healthier, happier you!

Don't Miss this Event!
Register now by visiting:
AttendHealth.live/Breakthrough
Scan the QR-Code & Pre-Register today!



THE HEALTH
BREAKTHROUGH

A Series On Powerful Natural Help
For Diabetes, High Blood Pressure,
Weight Control, And More.



FREE Admission ■ FREE Nightly Giveaways ■ FREE Parking

THE HEALTH BREAKTHROUGH



Opening Session | Thursday, October 1, 7:00 p.m.
Reversing High Blood Pressure...Naturally.



Session 2 | Friday, October 2, 7:00 p.m.
The Blood Sugar Breakthrough



Session 3 | Saturday, October 3, 7:00 p.m.
The Methuselah Factor: Live Longer.
Think Sharper. Feel Better.



Session 4 | Thursday, October 8, 7:00 p.m.
The Medicine We Need



Session 5 | Friday, October 9, 7:00 p.m.
The Missing First Step: Divine Diagnosis
For Whole Person Healing



Session 6 | Saturday, October 10, 7:00 p.m.
Healing Incurables: How The Bible Offers
Hope & Healing Today

You will also discover
answers to the following
questions:

- How can I successfully break bad habits?
- Are there really any health benefits to forgiveness? If so, what are they?
- How do good social connections preserve or enhance peak mental performance?
- How can I genuinely experience freedom from worry, guilt, and/or fear?
- How can I better handle stress?

Future topics and dates will be announced.

— Continue Your Health Journey —

ROSC: Revive Your Life

ROSC: Revive Your Life is an annual six-week lifestyle medicine program created by Dr. Ryan McLennan to help participants prevent, halt, and even reverse many chronic diseases through lifestyle changes. Each week features engaging health presentations, cooking demonstrations, small group discussions, and practical resources, including a cookbook and exercise plan. Participants leave with the knowledge, skills, and support needed to build lasting habits and improve their long-term health.

For more information: mclennanmd@gmail.com

Shoots & Roots

Join us each month for Shoots & Roots, where we explore practical approaches to preventing and reversing chronic lifestyle-related disease. Every gathering features a unique health presentation and/or cooking demonstration. Come find a supportive community and enjoy tasty whole food, plant-based refreshments. Leave with new knowledge, practical tools, and encouragement for your health journey. This is a free community service.

First Thursday of Every Month

4120 Challenger Avenue NE, Roanoke, VA 24012

**Natural Solutions For A Healthier You:
A Transformative Series**

