



STRENGTH

through the

STORM

Better Brain, Better Habits, Better Life!

Beginning April 5 • 6:30 p.m. • Chikaming Adventist Church • 13083 Red Arrow Highway • Sawyer, MI

Opening Session: Mon., April 5, 6:30 p.m.

Food, Mood, Cravings, and Immune Health.

When it comes to weight management and appetite control, the battle is for the brain—not the bulge. Learn how to overcome powerful cravings, restore appetite control mechanisms, and build better immune health—for good!

Second Session: Tues., April 6, 6:30 p.m.

Depression: Lifestyle Keys for Beating the Blues.

What does it take to heal brain-body systems ravaged by stress, broken by bad habits and the assault of environmental forces? Discover powerful tools for renewal of hope, restoration of mental function, and recovery of health in your crazy-busy world.

Third Session: Thurs., April 8, 6:30 p.m.

Living Free: Freedom from Habits that Hurt.

Habits are our friends—when they're good ones. But when bad habits develop, whether they involve food, substances, or behaviors—they can hijack your life. Learn how overcome bad habits and cravings, and build a better brain—for good!

BONUS Session: Sat., April 10, 11:00 a.m., plus garden-healthy meal!!

Mind Set Matters.

Mindset has much to do with achieving and maintaining success in personal goals and staying committed to important priorities. Discover how to develop a mindset for overcoming obstacles; learn the steps for developing a “can do” outlook, and how to develop the “mental mettle” to “stay the course” for long-term success.

- Enjoy food, fun, and prizes in a relaxed setting
- Experience a powerful, informative presentation
- Receive practical session materials
- Personalized lifestyle Q & A segment
- And much, much more!

OUR RESPONSE TO COVID-19

Your health and safety are our top priority. We are taking every precaution to keep you and our staff safe to prevent the spread of Coronavirus.



Location:

Chikaming Adventist Church
13083 Red Arrow Highway
Sawyer, MI 49152



Meet Our Presenter

Vicki Griffin, MS, Human Nutrition, MPA, is the Director of Lifestyle Matters. She has produced numerous lifestyle programs including: Balanced Living, Living Free, and the Lifestyle Matters Health Intervention series. She has authored numerous books and is the Editor of Balance magazine. Vicki lectures and travels worldwide sharing lifestyle links to better mental, physical, and spiritual health.

The storms of life—we all have them.

You know, the storms of stress, uncertainty, sorrow, and sickness. Discover powerful, practical, evidence-based tools for mental, physical and spiritual recovery in a world full of crises and confusion.



Register now for these in-person events.
Register by visiting: AttendSeminar.live/Strength
or call: (269) 313-2632 for questions.

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Date Sensitive Material
Requested in-home date
March 29-31

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