

**Date Sensitive Material
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Aug. 31 - Sept. 2**

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Starting: September 11 at 7 p.m. in Sawyer, MI



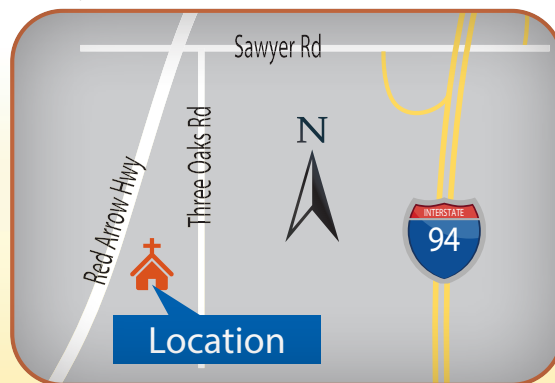
Meet Our Presenter

Vicki Cudanin has been a health and lifestyle coach for over 20 years, Originally certified through the American Council on Exercise. She also trained under Dr. John Kelly to complete a Lifestyle Medicine Program, with a hands-on clinical approach to hydrotherapy and other natural remedies. Vicki has conducted numerous weight loss groups and healthy cooking demonstrations. She has led group exercise sessions and successfully coached many individuals with natural protocols, as they worked with their doctors, to overcome cancer, diabetes, hypertension,

and heart disease. She has also established a small group curriculum, leading many individuals, in group settings, to successfully reach their God given life and health goals. Vicki's passion is to help people find a healthy and balanced life using evidenced-based principles.

Location

**Chikaming Seventh-day
Adventist Church**
13083 Red Arrow Highway
Sawyer, MI 49152



Natural Remedies

Demo Nightly

Don't Miss this Event!

Pre-Register today to receive
a gift opening night by calling:
269-313-2632 or visit:
AttendHealth.Live/Amazing



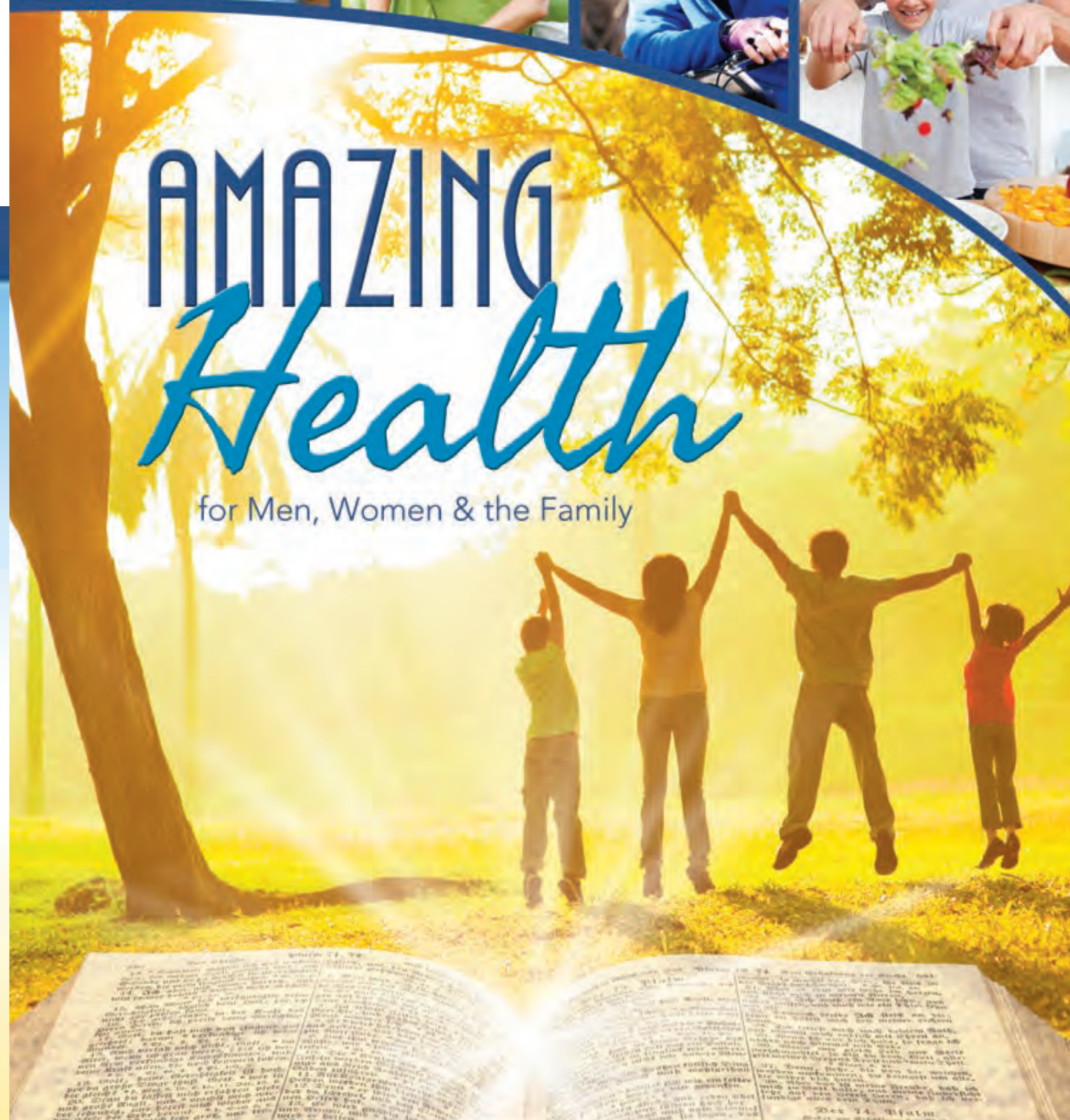
FREE Admission ■ FREE Parking ■ FREE Health Materials ■ FREE Healthy Recipes

Children Are Welcome!

Come: Bring a Friend, Your Family, Relax and Enjoy!

AMAZING Health

for Men, Women & the Family



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AMAZING Health

AMAZING HEALTH FOR MEN, WOMEN & THE FAMILY

You will discover and learn how to:

- Discover secrets to a healthy family
- Find energy and vitality
- Simplify your life with quick tips for healthy living
- Find new friends and support
- Come away with practical, easy to implement tips

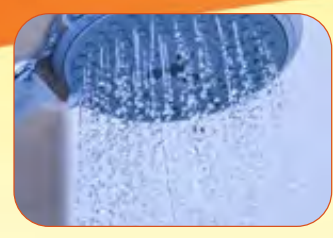
Do our lifestyle choices really make a difference?

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 | Monday, September 11 • 7 p.m. Hydrotherapy, Part 1

Vicki will be demonstrating how you can successfully perform several simple and cost-effective health treatments that you can use with your family and friends. Hydrotherapy uses water in various applications as an effective and simple way to treat illnesses and injuries at home. Learn step by step how to increase blood circulation, boost the immune system and decrease inflammation and pain.



Session 2 | Tuesday, September 12 • 7 p.m. Hydrotherapy, Part 2

Hydrotherapy can treat or help with the symptoms of several ailments. Here is just a few: prevent/shorten common cold or flu, lessen internal congestion, relieve menstrual cramping, treat pneumonia, prevent or lessen severity of migraine headaches, treat hypertension, stop nose bleeds, lessen arthritis pain, relieve gout, lessen fibromyalgia symptoms, detoxification, relieve lower back pain, sciatica, general relaxation.



Session 3 | Monday, September 24 • 7 p.m. Achieve A Healthy And Balanced Life, Part 1

Do you have goals or dreams that seem to be perpetually on hold? Come and explore and use the principles of success as outlined in an old reliable book!



Session 4 | Tuesday, September 25 • 6:30 p.m. Achieve A Healthy And Balanced Life, Part 2

We will give you tools and a plan to move forward with confidence!

A Healthy Plant-based Dinner will be Provided! (All Free)

Live a Healthier, Happier Life and Much More!