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Sponsored by the Frankfort Seventh-day Adventist Church  
Coming to Benzonia, MI • September 15, 2024

# UNFIT 2 FIT SEMINAR

Coming to Benzonia, MI • September 15, 2024

This Seminar Involves The Following:

## Everything is FREE

- Vegetarian cooking classes with food samples
- Breathing Exercises
- Choice of two different low impact exercises
- Health Lectures/Live or by DVD
- Informational Handouts
- Each graduate will receive a special gift

*You're Invited*

For more information and to pre-register, call: Mike and Dotti Lambert

Call or Text to: **231-655-1333**

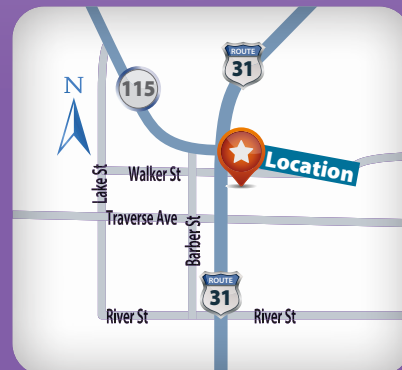
E-mail: **dottilambert.12@gmail.com**

## Location

**Mills Community House**

891 Michigan Ave. (US-31)

Benzonia, MI 49616



“Our world is in the grip of a massive health crisis. Millions today, maybe even you, are at risk of going to an early grave—often due to a lack of knowledge of simple health principles” - Doug Batchlor

Weight Loss, Health & Vegetarian Cooking Classes





**This seminar is to help you reach health goals as listed below:**

- Lower risk of heart attack
- Lower risk of cancer
- Improved sleep
- Lower blood cholesterol levels
- Reduce pain
- Lower blood pressure
- More satisfaction with life
- Stronger immune system

**The Trust for America's Health Organization states the following:**

In 2011 the obesity rates for adults in 12 states was 30-35%. In 2013 two of these 12 states had an obesity rate over 35%. In 2021, 22 states had an obesity rate of 30-35% and 19 states had an obesity rate over 35%.

**From 2011-2021 the obesity rate went from 12 states to 41 states in just a decade.**

About 1 in 5 American children have an issue with obesity. Children with obesity are more likely to experience bullying, social isolation, depression, and lower self-esteem.

**Each week we will present one of these 8 Health Principles.**

Learn about the 8 health principles that can really improve your health and help you feel physically and mentally better and give you a NEW START in life.

- N-Nutrition
- E-Exercise
- W-Water
- S-Sunshine
- T-Temperance
- A-Air
- R-Rest
- T-Trust in God

**The Unfit 2 Fit Health/ Weight Loss/Healthy Vegetarian Cooking Seminar is absolutely FREE to all participants.**

**Starting Date: Sunday, September 15, 2024 Time: 2:00 to 5:00 p.m.**

**Place: Mills Community House, 891 Michigan Ave. (US-31) Benzonia, MI**

This seminar will be held on **Sunday afternoons for 8 weeks with Graduation on, November 10, 2024** and it will include a special dinner for all the graduates and their families. Each graduate will receive a certificate of completion and a special gift.

There will be live guest speakers from the medical field, vegetarian cooking classes with food samples for everyone to enjoy, low impact exercises (walking and chair exercises).

