

Presents

HBCNBC

health by choice not by chance



Learn how to-Increase your Endurance, Slow down the Aging Clock, Regain the Energy of Your Youth, Eat More Weigh Less, Reverse Diabetes, Reverse High Blood Pressure, Reverse Heart Disease, Lower Cholesterol and Grow Healthier Kids.

Practical Life Changing Principles and Practices That is Sure To Bring Good Health to Your Mind Body and Soul.

FREE

- Blood Pressure Testing
- Vegetarian Cooking Classes
- One on One Consultation

-Sessions- Starts promptly as scheduled
Friday February 29th - **Hero or Villian?** 7 pm
"Cholesterol"

Saturday March 1st - **One Nation Under Pressure** 9:15 am "High blood pressure"

Divine Hour: **Would You Like To Be Made Whole?** 11am "The spiritual component of health"

Evening: **Where Is the Sugar?** "Diabetes"
3:00pm

Sunday March 2nd - **Cooking school** 12 pm

Address: CHARITY SDA CHURCH
5460 North State Rd. 7
North Lauderdale, FL 33319
Phone (954) 557-5416



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