

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.

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FREE

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

-Sessions- Starts promptly as scheduled

Thursday, March 20th - **Hero or Villain?** 7pm
"Cholesterol"

Friday, March 21st - **One Nation Under Pressure**
7pm "High blood pressure"

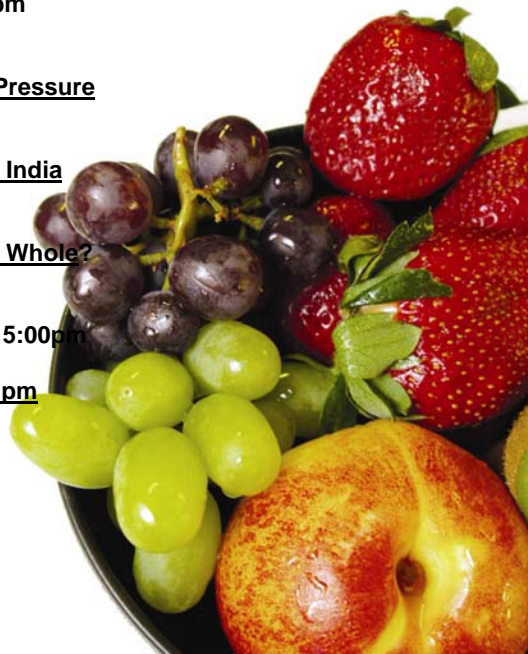
Saturday March 22nd - **The passage thru India**
9:15 am "Allergies, Asthma and More"

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

Evening: **Where Is the Sugar?** "Diabetes" 5:00pm

Sunday March 23rd - **Cooking school** 12 pm

ELIZABETH CITY SDA CHURCH
1117 US HWY 17 SOUTH
ELIZABETH, NC 27909
PHONE (252) 335-0343



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