

# ***NEWSTART PLUS***

## ***HEALTH SEMINARS***



**N**UTRITION



**E**XERCISE



**W**ATER



**S**UNSHINE



**T**EMPERANCE



**A**IR



**R**EST



**T**RUST



**World Senior Olympics Silver Medalist**

### ***NEW START PLUS***

**HEALTH SEMINARS**

Paul Volk, certified Health Educator, conducts numerous radio and television specials, teaches in high schools, universities and medical centers worldwide, and is currently being seen on international satellite. He has been to 28 countries on 4 continents, working with Trinity Broadcasting Network, 3ABN, Quiet Hour, Maranatha, ADRA, BYU, and spoke at the 1984 Olympics in Los Angeles. He has also spoken for Kiwanis and Rotary.

### **Includes:**

Zero Cholesterol Cooking  
Videos and Handouts  
Stress Management  
Weight Loss  
Banquet

**Childcare available**



David Hall, P.H.P., C.C., a premier speaker on cellology and cellercise, has appeared on CNN and Good Morning America. He is the founder of The Center for Cellular Health.

DATE:

TIME:

PHONE:

LOCATION: