

# ***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. Also spoken for Kiwanis and Rotary.

### **Includes:**

Zero Cholesterol Cooking

Videos and Handouts

Stress Management

Weight Loss

Banquet

**Childcare available**

DATE:

TIME:

PHONE:

LOCATION: