



Temple Care International Ministries

Presents A Four-Week Workshop Series



“Health and Wellness God’s Way”

By Shirley D. Powell, Doctor of Naturopathy, Christian Holistic Natural Health Practitioner

A Four-Week Workshop Series centered on edifying the Body of Christ to:

- Understand the causes of sickness and disease and the healing power of God’s natural bounty
- Gain the knowledge to remove any hindrances to good health
- Reclaim good health and never again fall into Satan’s health-destroying snare of *avoidable and unnecessary* health challenges
- Be good witnesses and a reflection of the power of Christ living within us through the expression of the gift of the Spirit, temperance; and
- Successfully walk in our predestined purpose in fulfilling God’s plan for our lives with *vigor and vitality*.

Dates & Times: Thursday evenings, 6:00pm to 7:30pm
June 4, 11, 25, and July 2, 2009

Location: First Baptist Church of Albertville
309 East Main Street, Albertville, AL

Cost:

- \$35 for entire 4-week series
- \$25 for married or parent/child pairs
- \$25 for those who have registered for May 30
Food Preparation Demonstration Workshop

REGISTRATION AND PAYMENT DEADLINE: WEDNESDAY, MAY 27, 2009

- *Thurs., June 4, 6pm - Making the Connection: Spirit, Mind & Body Choices and Consequences - Caring for Your Triune Being*
- *Thurs., June 11, 6pm - Heart Health (Overcoming cardiovascular challenges)*
- *Thurs., June 25, 6pm - Is Your House Making You Sick? (Indoor Air, Products, Etc)*
- *Thurs., July 2, 6pm - Is Your Brain Healthy? (ADD, Brain Fog, Memory, Focus, Etc)*

TO REGISTER, CALL SHIRLEY POWELL (256) 582-4100 OR LIBBY GAY (256) 498-0444
Make check payable to Temple Care & mail to Libby Gay, P.O. Box 1817, Albertville, AL 35950

WORKSHOP SERIES OUTLINE **HEALTH AND WELLNESS GOD'S WAY**

REGISTRATION AND PAYMENT DEADLINE: WEDNESDAY, MAY 27, 2009

- 1. Making the Connection: Spirit, Mind & Body – Your Triune Being (Thursday, June 4, 6:00pm – 7:30pm)**
 - Understand how physical choices impact the emotions and the spirit
 - Understand how your emotional and state health can make you very sick
 - Learn how to maximize God's word in overcoming health-destroying negative emotions
 - Learn how to avoid letting health challenges ruin your emotional and spiritual life
 - Learn healthy tools to bring balance into your life: oils, aromas, breathing, and more
 - Learn how to think correctly and renew your mind for total health and healing – spirit, mind & body

- 3. Heart Health (Thursday, June 11, 6:00pm to 7:30pm)**
 - Learn the best and worst things to do for heart health
 - Learn five free and simple things you can do to significantly enhance your cardiovascular health
 - Know which food and lifestyle choices create imbalances in the body that make it vulnerable to cardiovascular health problems, such as high blood pressure, cholesterol, etc

- 4. Is Your House Making You Sick? (Thursday, June 25, 6:00pm to 7:30pm)**
 - Learn how commonly used household products are very harmful to you and your family's health
 - Discover all the factors that causes indoor air pollution and what you can do about it
 - Find out how to make better choices for household products and save money, too!

- 5. Is Your Brain Healthy? (Thursday, July 2, 6:00pm to 7:30pm)**
 - Know what foods improve concentration, memory, focus, and mental clarity
 - Learn what foods cause "brain drain" and even depression
 - Discover how to incorporate brain foods into your diet regularly
 - Get informed about what's in foods that have been linked to ADD and ADHD
 - Learn how food and lifestyle choices make you irritable, depressed, anxious, and aggressive
 - Find out which lifestyle choices significantly improve your brain health

LOCATION: First Baptist Church of Albertville, 309 East Main Street, Albertville, Alabama

TO REGISTER: Call Shirley Powell at (256) 582-4100 or Libby Gay at (256) 298-0444

**REGISTRATION FEE: \$35 (Must be paid in full before start of workshop series)
\$25 for married couples, parent/child registrants, and those who have
registered for the food preparation workshop on May 30, 2009**

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NOTE: Handouts and other resources will be provided for each workshop session