

# ***NEWSTART PLUS***

## ***HEALTH SEMINARS***



**N**UTRITION



**E**XERCISE



**W**ATER



**S**UNSHINE



**T**emperance



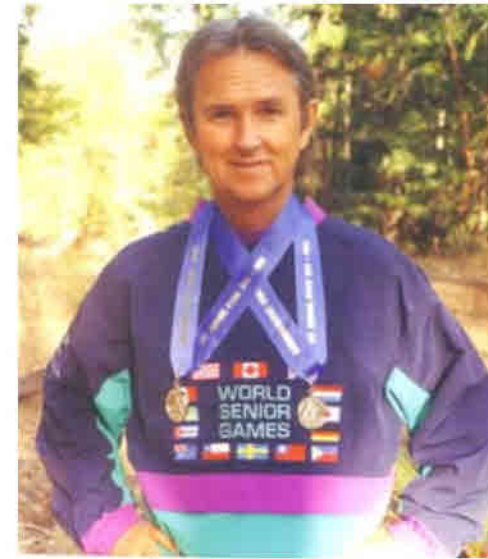
**A**IR



**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.

## **SCHEDULE**

Sabbath, March 17, 2018: 11:00 a.m.

"God's Testimony"

Saturday, March 17, 2018: 7:00-9:00 p.m.

"WARS: Water, Air, Rest, Sunshine"

Sunday, March 18, 2018: 7:00-9:00 p.m.

"Nutrition and Exercise"

Monday, March 19, 2018: 5:30-6:30 p.m.

Banquet

Monday, March 19, 2018: 7:00-9:00 p.m.

"Temperance and Trust in God"

Joshua Seventh-day Adventist Church

1912 Conveyor Dr., Joshua, TX 76058

Ph: 817-645-3086

### **Includes:**

Zero Cholesterol Cooking  
Videos and Handouts  
Stress Management  
Weight Loss  
Banquet