

HEALTH SEMINAR



Adventist
Health Ministries
GENERAL CONFERENCE



Seventh-day
Adventist Church

HOW TO BE HEALTHIER!

A 12-PART HEALTHY LIVING COURSE



CELEBRATIONS

LIVING LIFE TO THE FULLEST



“I WANT TO BE HEALTHIER!”

Have you been tired, feeling down? Are you lacking energy? Feeling that your life is out of control? Want to lose weight? There is a better way to live. Learn and apply the **12 health principles** of the **CELEBRATIONS** seminar, and you will notice great improvement in your whole being—physical, mental, and spiritual. Your health is worth caring for, because you are worth caring for. **Join us for a 12-week** journey to your better health.

Sign up today!



Be Healthier!

www.healthministries.com/celebrations

General Conference of Seventh-day Adventists
12501 Old Columbia Pike, Silver Spring, MD 20904 USA

BE HEALTHIER!

CELEBRATIONS seminar
is your path to better health.

In just 12 sessions you will learn
principles you can implement yourself.
Topics include:

Choices

Exercise

Liquids

Environment

Belief

Rest

Air

Temperance

Integrity

Optimism

Nutrition

Social Support



LIVE HAPPIER THROUGH BETTER HEALTH!

CELEBRATIONS is an acronym for twelve healthful living principles. The scientifically supported principles were developed by four physicians with expertise in public health. The 12-part seminar series teaches healthy lifestyle practices that increase your happiness, lower the risk of chronic diseases, and improve your quality of life.

Today, chronic health conditions such as obesity, heart disease, stress, diabetes, and many others are plaguing huge numbers of people. You don't have to suffer those conditions. Improve your life with **CELEBRATIONS!**



WHAT ARE THE 12 HEALTH PRINCIPLES OF CELEBRATIONS?

Choices: The choices we make affect our overall health.

Exercise: Strengthens muscle, enhances metabolism, makes you feel good!

Liquids: The lubricants of your body to keep it in top shape.

Environment: The world around you and the emotionally healthy atmosphere you create.

Belief: Hope and optimism rise with your spiritual health.

Rest: Important to a balanced, healthy life.

Air: Fresh air is good for your body and your brain.

Temperance: The art of moderation in all good things and skipping the bad ones.

Integrity: The key to a healthy mind is a life of wisdom and integrity.

Optimism: Good health is a true source of feeling good about life.

Nutrition: Choose what you use for body fuel to determine much of your health.

Social Support: The body and mind need healthy social connection and affirmation.



YOU CAN
feel better!



Health Seminar



- The World Health Organization estimates that 16 million people die each year because of poor health habits.



- Many of those deaths are caused by smoking, a high-fat/high sugar diet, and alcohol abuse. Other contributing factors include too little exercise, too little sleep, and social isolation.



- A large number of these premature deaths are preventable.



- You don't have to be part of that statistic! Take the **CELEBRATIONS** seminar and improve your health.



- It might save your life!