



Dear Church Family,

We are excited that you are considering having a health outreach for your local church and or community! Wellness Secrets would like to assist in any way we can.

At many churches when we are asked to do a weekend program it generally looks something like what's described below. We are flexible and open to arranging the program in a way that the church feels would best meet their needs.

We also have conducted several 5 day sessions at other venues, which is very similar to our 5 day live-in sessions. On our website, www.WellnessSecrets4u.com, we have a section describing our 5 day live-in program. The modification we make when we do this in other places is that health guests do not sleep over or receive hydrotherapy treatments.

Another program we have offered is health expos for the community, and also training for churches on how to give a health expo.

WEEKEND PROGRAM:

Friday Night

One hour presentation on a spiritual topic related to health.

Sabbath

- Presentation for Adult Sabbath School- Often we share testimonies of people who've had reversal of disease or improved health (see below)
- Sermon-*Wellness Secret Miracles*, Inspiring testimonies are shared in this sermon about how the Lord started, developed and sustained this ministry.
- Sabbath afternoon or evening an hour presentation can be shared on a spiritual topic related to health. (see below)

Sunday

Community Outreach

Morning Outreach Starting around 10 or 11 am estimated time about 2 hours **or**

Afternoon Outreach Starting around 3pm or 4 pm estimated time about 2 hours

- 45 min Health Presentation
- 20 min recipe demonstration of 3-4 recipes
- 5 min Door Prize
- 5 min Book Review
- 45 min Health Presentation
- Lunch-a meal served using the recipes that were demonstrated
- Questions and Answers

Below you will find options of topics that you can select from that we can present or, you may have another subject matter in mind that we may be able to do.

FRIDAY NIGHT & SABBATH SPIRITUAL TOPICS RELATED TO HEALTH

Our Health Message, a Gift from God- *Why God gave His church a health message, what it is, and the benefits.*

Healthy 100-Life Changing Choices-*How to make wise choices empowered by God that can result in longevity, even a healthy 100.*

The Relationship Between Physical and Spiritual Health- *These presentations share why God has given His people the health message and how physical and spiritual health are intimately connected.*

Every Church Member a Medical Missionary- *God's call for every church member to be a medical missionary, what that means and how can that happen.*

Jesus' Example in Ministry-*Based on the first chapter of the Ministry of Healing*

God's Call For You- *Practical Biblical principles are shared to help guide people for knowing God's will for them.*

God's Plan for the Health Care Crisis- *Biblical principles that are affordable safe answer to the health care crisis*

The Elijah Therapy for Depression-*Principles from Elijah's experience and other principles found in the Bible that can be used to combat depression*

Counterfeit Methods of Healing- *Biblical principles to help discern false methods of healing, and also cover some common "New Age", "Alternative" practices, explaining what they are, their roots and reasons for concern.*

COMMUNITY PRESENTATION TOPICS:

Eat to Save Your Life- *What to eat, when to eat, where to eat, why you eat, how to eat for quality and longevity of life.*

Solutions for Metabolic Syndrome- *What is and how to reverse it*

Reversing Type 2 Diabetes-*Learn how to naturally lower blood sugar levels, and more effectively manage this disease.*

Reversing Heart Disease- *Learn how to naturally combat America's biggest killer*

Depression Recovery- *Principles given to help overcome depression*

Ideal Weight-*Achieving it naturally*

God's Plan for the Health Care Crisis- *Biblical principles that are affordable safe answer to the Health Care Crisis*

Home Hydrotherapy- *Simple water treatments being demonstrated that are safe, inexpensive and without harmful side effects, and that can be very beneficial in the prevention and recovery from sickness.*

Kitchen Medicine- *Transforming your kitchen into your medicine cabinet. This seminar shares how common foods we eat can be used therapeutically for common ailments.*

Many times churches are also interested in having us conduct a program during the week for either church members or the community. For evening meetings during the week our program generally looks like the following below. Topics for health lectures can be chosen from the list above.

Starting at 6pm or 6:30 pm- Lasting 1 ½ hours

- Welcome
- Health Lecture 20 min.
- Recipe Demo (3-4 recipes) or Natural Remedies Demo 20 min.
- Door Prize 5 min
- Health Lecture 20 min.
- Questions and Answer 10 min
- Food Samples Given

Cost

Transportation- If flying, cost of plane tickets. If driving, 40 cents a mile round trip from Wellness Secrets to venue and driving done while there for seminar purposes, and cost of tolls if applicable.

Program supplies- Such as ingredients used in recipe demonstrations and food samples, if we need to make photo copies for handouts, and/or other related costs.

Love Offering-We ask that the church would please take up a love offering for Wellness Secrets.

Place to stay and meals for Wellness Secrets staff- Most of the time we stay in a church member's home.

If you need further information or have questions please do not hesitate to contact us at either 479-719-1685 or wellness.secrets@yahoo.com .

Again we thank you for your interest and will be praying for God's guidance and leading.

In His Service,

Wellness Secrets Team