



Dear Ones,



This morning I was reading Chapter 3 of Proverbs, which talks about the benefits of wisdom. I especially love verses 5-6,

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him and he will make your paths straight.

When Hurricane Ike landed on September 13, 2008, our lives were instantly turned upside down. We lost our permanent home on Galveston Bay and everything that was inside the house, as well. The months following are a bit of a blur, so we must have been in shock without knowing it.

Here we are 18 months out from Hurricane Ike and I can testify that the verses above are true. God led us every step of the way and has not allowed us to make a wrong move, because we have trusted Him with the details of our lives.

Our next door neighbors insisted that we live in their home, as they had just moved back to Houston three weeks before Ike hit. We were able to live there the entire time we were meeting with adjusters and getting the remainder of our home torn down. In early December, we decided that we needed to move back to Houston and my friend, Linda Wadsworth, generously agreed to rent her fully-furnished townhome to us for as long as we wanted to live in it. God used this time to show us that the place we were living was a perfect spot for us to land. Because our dog has to be walked several times a day, I found that there are many Christians who live there, and I have also made friends with many pre-Christians and am so enjoying all that God has opened up for me to do.

In December, we purchased a townhome with a downstairs bedroom and bath so that Johnny won't have to climb the stairs any longer. He has been a trooper, but is now undergoing five months of chemo and the stairs at Linda's are hard for him. Our son, John, is a contractor, who is out of full time work right now, so he has been available to totally remodel the townhome. We have a brand new home and it has been so wonderful getting to work with our own son. Every idea John has is wonderful and the work has progressed so smoothly that we will be moving in before April 1, Lord willing.

Matthew 6:33:

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Dear Ones

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The thing that struck me this morning as I was reading Proverbs 3: 5-6 is that if we are walking with our Lord and trusting in Him with all our hearts, it is virtually impossible to miss His perfect Will for our lives. Without a doubt, God has guided our every step since Ike hit. He put it in my mind to call Linda, because He had already chosen the place where we were to live permanently.

God knew before Ike all that would be happening in our lives and He had it worked out even though I didn't know the plan in advance. What I have learned through all of this:

- Don't run ahead of God
- Wait to act until you know for sure
- Don't worry
- Trust Him completely
- Quit trying to figure everything out in advance

I pray my words are an encouragement to you today. Is your life upside down? Do you need direction? God is trustworthy. *He who began a good work in you will be faithful to complete it.* Philippians 1:6

Trust Him today with all your heart. Don't lean on your own understanding. Acknowledge that He has the answers for everything you are going through and that He will make your paths straight again.

We'll post some pictures of our new home soon on our First Place 4 Health blog. By the way, you are invited to the bay again this year on Saturday, following the Leadership Summit. There isn't a house, but we will have canopies. The pier has been rebuilt and the boat will be running. The dates for the Leadership Summit are July 30-31, 2010. Hope to see you there!

Blessings!

Carole Lewis

~ Check out our blog! ~

Get updates on Carole's move, pictures, news from FP4H planning meetings, random thoughts from staff members, etc. Go to FirstPlace4Health.com and click on the link!



Leadership

The Power of The Cross



Vicki Heath

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It's Easter this month and, of course, we see pictures and hear sermons on the cross. There are crosses draped with purple in my community. There are old rugged ones and splendid ornate gold ones. There are crosses placed in yards with beautiful flowers surrounding them. In my church, the cross displayed is empty with beautiful clean lines. In some of the Catholic churches of my sisters and brothers, there is a beautiful cross with a dying, suffering Savior hanging there. Sometimes, I think it is much easier to look at an empty cross. I understand what the empty cross depicts. It shows that he is not there, he is alive and risen from the dead! I love that, but I think there is still value in looking upon the cross that shows the suffering Jesus hanging there. The power of such a scene is moving and yet, somewhat uncomfortable. It causes me to reflect upon the price paid for my sin. It's the power of the cross!

I will praise You, O Lord, and I will not forget all You have done for me. You have forgiven my sins and crowned me with love and compassion. Thank You for Your unconditional love. Psalm 103:3-4

Easter is a time to remember and praise Him for what he did for us on the cross. Because of his great sacrifice we have so much!

HIS PEACE

Peace I leave with you; my peace I give you I do not give to you as the world gives.. Do not let your hearts be troubled and do not be afraid. John 14:27. These are uncertain times. I know myself that I have had trouble falling asleep more times than I care to admit. The truth of the matter is that we have His peace and we will not find anything

that compares to it anywhere in this world. We get it directly through the Holy Spirit. Many moms ask me, "How do you deal with your children being so far away?" It is only by His peace that I can let them go.

HIS POWER

I tell you the truth, anyone who has faith in me, will do what I have been doing. He will do even greater things than these because I am going to the Father. John 14:12. Jesus demonstrated his power many different ways while here on earth and according to this verse, He is saying that we too have this same power and can do these things, and even more! A few weeks ago I was skyping with Michael on the computer. Skyping is a way of communicating over the Internet through a video feed. It is awesome to see and talk to him. During our conversation, he held up his hand and said "Mom, I think something bit me on my hand; take a look at this." He holds up his hand and it is extremely swollen with red streaks running up his arm from a large sore! I say, "Michael, you must get to the doctor immediately; that looks like a spider bite." He then informs me that there is no doctor to go to where he lives. I am trying to remain calm so as not to panic him (and myself), but I know how dangerous an infected bite can be. He tells me he will try and find someone to help him. As I go to bed that night, I have two choices; I can worry myself awake all night, or I can call on Jesus to heal Michael's hand. Honestly, I do not call upon him enough. I prayed a fervent prayer that night for Jesus to heal him. Two days later, he called me to tell me some other things and says, "Hey! By the way, my hand is better." Duh! Jesus has the power to heal; the power to help. His power is totally sufficient for whatever I need.

Continued on page 4

HIS PRESENCE

I will ask the Father and he will give you another counselor to be with you forever - the Spirit of truth...But you know him, for he lives with you and will be in you. John 14:16-17 I think we forget how near God is to us. He is with us every minute--24/7. I don't have to go to the church, the temple or anywhere else we think he might abide. He has chosen to taken up residence in our bodies. What a comfort to know that anything I am going through he is experiencing it, too. He knows.

HIS GOOD NAME

I tell you the truth, my father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will receive and your joy will be complete. John 16:23-24. He is telling us to be a name dropper and to use his

name whenever we need to. I sometimes have people help me out of situations and they say, "Just use my name and they will help you." His name is even more powerful! One day "...every knee will bow...and every tongue confess that He is Lord!" Romans 14:17

In the power of the cross we find forgiveness, a new start, a new life, and redemption, just to name a few more. He is the God of MORE. I am praying you will experience MORE this Easter season. I am praying the power of the cross in your life and mine.

That I may know Him and the power of His resurrection. (Romans 3:10)

Stay Strong,
Vicki Heath

Upcoming Events in 2010

Hope 4 You ~ Kentucky

April 17, 2010
Twelve Oaks Baptist Church
Paducah, KY
Speakers:

*Carole Lewis, President, FP4H
Vicki Heath, Dir. Of Leadership Dev.*

Hope 4 You ~ Louisiana

April 24, 2010
First Baptist Church – Covington
Covington, LA
Speakers:

*Carole Lewis, President, FP4H
Vicki Heath, Dir. Of Leadership Dev.*

Kansas Area Leader's Meeting

May 1, 2010
Topeka First Assembly of God
Topeka, KS

Leadership Summit

July 30-31, 2010
Houston's First Baptist Church
Houston, Texas
Speakers:

*Carole Lewis, President, FP4H
Vicki Heath, Dir. Of Leadership Dev.
Jennie Afman Dimkoff, Speak Up With Confidence*

Hope 4 You ~ Ohio

September 11, 2010
New Hope Baptist Church
Loveland, OH
Speakers:

*Carole Lewis, President, FP4H
Vicki Heath, Dir. Of Leadership Dev.*

Hope 4 You ~ Virginia

September 18, 2010
Capital Baptist Church
Annandale, VA

Wellness Week

October 7-14, 2010
Round Top, Texas
Speakers:

*Carole Lewis, President, FP4H
Vicki Heath, Dir. Of Leadership Dev.
& more!*

*For more information about any of these events, please visit
www.firstplace4health.com.*



Balanced Living - Physical

Head Outside and...

Jeannie Blocher
jeannie@bodyandsoul.org



Walk, jog, bike, hike, play tennis, skate, ride a horse, do some gardening, wash your car or... you fill in the blank. This is quite a variety of activities, but they do have something in common. They all require physical movement. They are all part of an active lifestyle, and they all can be a part of your fitness regime. Some of these activities are “aerobic”—they challenge your heart to work hard over a period of time and strengthen your heart muscle and cardiovascular system. They require sustained work of major muscle groups. They include walking, jogging, biking, hiking, and swimming--to name a few. Other activities are anaerobic, requiring short bursts of energy and intense movement, such as tennis. Still others are more focused on strength and flexibility—gardening, for example, requires leg, arm and back strength as well as the flexibility to stretch and reach where needed to get the job done. Even washing your car is being active—and is really fun on a warm day (especially if the kids are involved!) It beats standing still and watching the car going through the car wash, and it saves money, too!

Fitness should ‘fit’ into your everyday life

It can be something that you do together as a family. Plan a weekend family hike in a beautiful area near where you live. Plan an active vacation where you fit in lots of fitness activities. Walk with your husband in the evening after work, or walk around the baseball or soccer field while your kids are at practice, instead of running errands. Even little things, like taking the stairs instead of the elevator, add to the fitness and activity of your day. Over time, day after day, all of this adds up to a healthy, active lifestyle that will give you strength and energy.

There is no better time than now to get started!

It’s springtime! The beautiful weather is calling your name. Listen and step outside. Take a deep breath, put on your fitness shoes and get moving. Do the thing that appeals to you most, or do the thing that needs to be done around the house, then feel the satisfaction of a job well done and a body that is doing what God designed it to do.

Blessings,

Jeannie Blocher

President, Body and Soul Ministries
www.bodyandsoul.org



I Want You To Be A Loser

Steve Reynolds
sreynolds@capitalbaptist.org



*Therefore, we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us. **Hebrews 12:1 NKJ***

A “loser” typically means one who does poorly or is a failure. Therefore, who in their right mind would ever be proud to say, “I’m a loser?” Not many people I know, especially since the word “loser” has such a negative connotation. But I suppose it would depend on what it is you’re losing. Losing your mind is not good; however, if you’re losing weight, that’s a good thing. Isn’t it great that when it comes to weight loss, being a loser doesn’t mean failure, but translates into winner! How exciting!

Well, I’m proud to say, “I’m a loser!” I’ve lost over 100 pounds and have kept it off. Along with the weight, I’ve also lost some of the health complications associated with the excess “baggage” I carried. Join me in being a loser. Together, let’s change people’s perception of the word.

Losing weight may seem impossible to you. Perhaps you’ve tried every diet plan known to man and none have worked. One of the main reasons those fad diets don’t work is that they ask you to do too much too soon. When that happens, you get frustrated and quit.

I want to encourage you to start with *small steps to life* that you can do. If you just do a few steps in the area of eating and exercising the first week, and then you are faithful to do those steps every day, the following week you will be able to add more steps that will help you gradually move toward weight loss success. What you are building is a new lifestyle--one that will be filled with health and energy.

To get started on my weight-loss and healthy body quest, I consistently took this small spiritual step to life:

- I had (and continue to have) a special time with God every day to fill up the inner man. He truly is my portion (see Ps. 119:57). When my inner man is stuffed full, my physical man isn’t so hungry and I have better control over what I eat.
- To get started with exercise, I intentionally moved more. I would go out of my way to walk farther and put more effort in my daily activities. Later, I began going to the gym and started walking on the treadmill and lifting weights.

Now it’s your turn to craft your own individual lifestyle plan. You must research activities and ways to move that you will enjoy, and discover healthy habits that you can do for the rest of your life. Start slowly and increase activity gradually, but above all, be consistent. Over a period of time, your small steps will take you a great distance.

Steve Reynolds

Steve Reynolds is the Senior Pastor of Capital Baptist Church in Annandale, VA. He is also the author of the book Bod4God and the creator of the Losing to Live Weight Loss Competition. Steve has lost over 100 pounds and has led his church to lose over three tons of weight.



Success Stories



I grew up in a large Christian family where we all played sports and ate healthy. Growing up in a family where they encouraged me to eat healthy, I never worried about my weight. I was very active and enjoyed being the perfect weight for my age. It wasn't until the summer of 2007, that things in my life began to be more than I could handle. During this time, there were a lot of changes going on in my life; unhealthy relationships where I felt utterly alone and very scared. I was mad at God for allowing this to happen. Some of those things were: my best friend moved away, my boyfriend at the time was very verbally abusive to me, I was looking for a new job, I had no friends, and I felt all alone. I shut down and pushed people away. I turned to food because that was the only thing in my life I thought I could control. I began to hate myself even more when I began to change and had to buy bigger clothes. My family and friends tried to help by telling me what to do, but all my heart wanted was someone to accept me for who I was.

I love how Carole Lewis says, "If you want to lose weight, start on your knees."

In the spring of 2008, God brought a wonderful friend into my life who reached out to me. It was through her that she encouraged me to start seeing a counselor at my church. Through the next four months, I really unpacked some of the hurt and anger that I had been carrying around for way too long. It was also where I first said out loud that I had a food problem and really want to change. In the church bulletin, I saw a class starting up in the fall called, "First Place 4 Heath." I knew that had to be the next step so I told God that I will give it a try. From the minute I stepped into that room the first night, I felt like I was loved and accepted. The group was so welcoming and friendly that I instantly made friends. For the first time, I felt like I was not alone on this weight loss journey.

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought at a price. Therefore Honor God with your body. 1 Corinthians 6:19-20

I had tried so many other diets in the past, but none of them with Christ at the center of it. I was so blown away at the fact that God really did care what I put into my mouth and how I took care of my body. My verse I claimed is 1 Corinthians 6:19-20, *Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought at a price. Therefore Honor God with your body.* God really did care and He wanted to join me on this journey, too. I love how Carole Lewis says, "If you want to lose weight, start on your knees." Over the last year, that saying rings true in my life. I was tired of going through the motions and telling God I was going to change, but never really surrendering every part of my life to him. I told God I didn't want someone who told me how to work out or what to eat. I had enough of that in my past. What I needed, were friends to pray with me, encourage me, and to be my biggest cheerleaders. God provided safe and trusted friends in my life at just the right time where I could open up and allow my heart to heal. I still felt overwhelmed because so many areas in my life needed to be changed. But God told me to just take one step at a time, and leave the mess up to him.

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When I started First Place 4 Health, I was 305 lbs. I had a very bad Starbucks addiction. I went to fast food every time I could. I was a late night eater. I had to be eating something while I watched TV and had no clue about proper portion sizes. I am also an emotional eater. Anytime life became too hard for me to handle, I would run to food for that instant gratification. I could only walk 15 minutes without getting tired. I was so tired of not being able to do things I wanted to do because of my weight. I also felt that God could never use me again because of the mess I had made of my life.

Today, I have cut down on my addictions, or eliminated them, I can walk more than an hour and I have fallen in love with bike riding. I have stood up to those negative thoughts and replaced them with positive ones. One of my really good friends tells me all the time, "Satan, take a hike; you have no control over Sara's mind." It makes me laugh every time she says it, but it paints the perfect pictures of how we can take control again. The change that God has done in my heart of freeing me of the hurt, sin, anger, worry and unforgiveness has been the most heart wrenching, and painful process. But it has brought me to a deeper place in my walk with the lord where all my heart wants is his love.

I have lost 62 lbs. in a year - praise the lord! I have not yet reached my lifetime goal, but have grown in my walk with the lord tremendously. I still have setbacks and hang-ups, but that's what God's second chances are for. I truly believe that out of my mess I have made of my life, God wants to take every part of it and make it into something beautiful. That is why I "...press on towards the goal, to win the prize, for which God had called me heavenward in Christ Jesus. (Phil 3:14)

Sara Ward
Boston, Massachusetts

Mother's Day Gift Packages Available Now!



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Devotional

The Golden Rule

*He has showed you, O man, what is good. And what does the LORD require of you?
To act justly and to love mercy and to walk humbly with your God.*

M I C A H 6 : 8

I was having success with weight loss in First Place 4 Health. Friends would compliment me about the loss. But at one point, I stopped losing weight and was in my third week of a plateau. During this time, I would look at overweight people with criticism and think, *They sure need to lose weight. They are weak and lack self-control.* When overweight folks would notice my weight loss I was quick to tell them they needed to join First Place 4 Health.

Little did I realize that my insensitivity was a symptom of my lack of humility and focus on what Christ had placed before me. In an early morning time of Scripture reading and prayer the Holy Spirit broke through my critical attitude and reminded me, "God had showed me what He required of me." That meant me, not others.

What a powerful lesson! My subtle slip into disobedience became arrogant, unjust behavior as I told others what God required of them. Had I been spending more time in Scripture reading and prayer, I could have accepted the daily challenges of a plateau without trying to hold someone else responsible.

Back when I had a double chin, I did not need someone to tell me I needed a weight loss program. What I needed was for someone to see my misery with love and mercy. God's word teaches me that I am to treat others the way I want to be treated.

P R A Y E R

*Forgive me Lord for taking my eyes off your plan for me. Forgive my critical spirit.
Thank you for your love and mercy toward me.*

Journal: Are you looking critically at the faults of others while overlooking your own? Ask the Lord to help you see the misery of others with mercy and love. Do I see with love and mercy the misery of others?

**Michael D. Smith, First Place Member
Taylors, SC**

**Taken from *Living Well*, First Place 4 Health devotional book.
To order, call 1-800-727-5223, x405.**



Recipes

Basil & Lime Fruit Salad Serves 12

1/2 cup sugar
 1/2 cup water
 1/2 cup packed basil leaves
 1 tablespoon grated lime rind
 4 cups cubed pineapple
 3 cups quartered strawberries
 2 cups cubed peeled mango
 4 kiwifruit, peeled, halved lengthwise, and sliced

Combine sugar and 1/2 cup water in a saucepan; bring to a boil. Cook 1 minute or until sugar dissolves. Remove from heat; stir in basil and rind. Cool. Strain sugar mixture into a bowl; discard solids. Combine pineapple and remaining ingredients in a large bowl. Drizzle with sugar mixture; toss gently.

Nutritional Information: 92 Calories, .3g Fat, .8g Protein, 23.8g Carbohydrate, 2.2g Fiber, .4mg Iron, 2mg Sodium, 20mg Calcium

Smoked Salmon Dip Serves 12

1 (8-ounce) tub light cream cheese
 2 tablespoons chopped fresh dill
 1 tablespoon fresh lemon juice
 4 ounces smoked salmon, chopped, divided
 Dill sprigs (optional)

Combine first 3 ingredients in a food processor. Add half of salmon; process until smooth. Fold in remaining half of salmon. Garnish with dill sprigs, if desired.

Nutritional Information: 56 Calories, 3.5g Fat, 4g Protein, 1.4g Carbohydrate, 9mg Cholesterol, .2mg Iron, 89mg Sodium, 30mg Calcium

Ham and Asparagus Frittata Serves 2

2/3 cup chopped 33%-less-sodium ham
 1/2 cup shredded low-fat Jarlsberg cheese
 1/4 teaspoon black pepper
 1/8 teaspoon salt
 3 large egg whites
 2 large eggs
 1/2 cup finely chopped onion
 1/2 cup finely chopped bell pepper
 1/2 cup (1-inch) slices asparagus
 1/4 teaspoon Italian seasoning

Preheat broiler. Combine ham, cheese, black pepper, salt, egg whites, and eggs, stirring well with a whisk. Heat a 9-inch nonstick skillet coated with cooking spray over medium-high heat. Add onion, bell pepper, and asparagus; sauté 3 minutes. Add egg mixture; reduce heat to medium. Cook, covered, 3 minutes or until almost set. Sprinkle with 1/4 teaspoon Italian seasoning. Wrap handle of pan with foil; broil 3 minutes or until egg is set. Cut into 4 wedges.

Nutritional Information: 251 Calories, 9.2g Fat, 31.3g Protein, 9.6g Carbohydrate, 2g Fiber, 247mg Cholesterol, 2.1mg Iron, 791mg Sodium, 373mg Calcium

Berry Breeze Serves 8

1 8-oz. Cool Whip Lite
 2 6-oz. containers light berry flavored yogurt
 2 cups fresh berries (strawberries, blueberries, raspberries, etc.)
 1 reduced-fat graham cracker crust

Mix all together and pour into crust. Refrigerate and serve. Alternative serving method: Place graham cracker crumbs in bottom of 4 ounce bowl. Pour yogurt mixture evenly into each cup. Garnish with strawberry slice.

Nutrition Information: 211 Calories; 7g Fat (33% calories from fat); 2g Saturated Fat; 4g Protein; 29g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 67mg Sodium



Leadership Summit 2010

An incredible two days of celebrating, networking, brainstorming, idea sharing, praying, training and worship are planned. All First Place 4 Health networking leaders, workshop leaders, active, former and potential leaders are invited to attend.

When?

July 30-July 31, 2010. Save the date! All the scheduling details are being finalized. As soon as the schedule is complete, we will post it on our website, www.firstplace4health.com, under events.

Who?

You can look forward to hearing from First Place 4 Health staff members and others!

- ★ Jennie Afman Dimkoff, Speak Up With Confidence
- ★ Carole Lewis, First Place 4 Health National Director
- ★ Vicki Heath, First Place 4 Health Director of Leadership Development
- ★ and more!

What?

Here's just a sample of the motivation and informative seminars planned:

- ★ Growing Your Ministry
- ★ FP4H and Your Healthy Family
- ★ Fitness for Every Level
- ★ First Place 4 Health Food Plan
- ★ De-clutter Your Mind
- ★ Website Tools and How to Use Them

Questions?

Go to www.firstplace4health.com and click on Events and then Leadership Summit. More information will be posted there soon. You can also call Lisa Lewis at 1-800-727-5223, x403.

What are people saying about last year?

Thank you for ALL of your hard work that made the Summit such a great success! This was my first Summit, and God showed me so much about Himself, others and myself. I am so excited to see all that He is going to do in and through us this fall...and beyond! I look forward to next year, and I'll be bringing more people with me! **Kristen, Springfield, MO**

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discover a new way to healthy living

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Wellness Retreat

October 7-14, 2010

**Round Top Retreat Center
Round Top ~ Texas**

Round Top Retreat Center in beautiful Round Top, Texas, is a beautiful Victorian-style retreat center located “Deep in the Heart of Texas.” It is operated by the Goad family, who began this ministry on a full-time basis in 1984, to provide a home environment with all the charm of a country setting, where people can share God’s Word.

Limited to First 60 Registrations!

WELLNESS WEEK INCLUDES:

- ~ Nutrition Information
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- ~ Inspirational Speakers
- ~ Rest and Relaxation
- ~ Daily Exercise Options
- ~ Healthy Delicious Meals

**Contact Lisa Lewis at
800-727-5223, x403 or
lisa.lewis@firstplace4health.com
or visit
www.firstplace4health.com for
more information.**

Refund Policy – If First Place 4 Health cancels Wellness Week, a full refund will be given. All other requests for refunds must be received in writing by September 15, 2010. Upon receipt of request, the refund will be granted, minus the \$100 non-refundable deposit. **No refunds will be given after September 15.**

Space is limited! Make your reservations today!

**Weekender Packages available for this event. For more information, visit
www.firstplace4health.com and click on Events.**