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May 2010



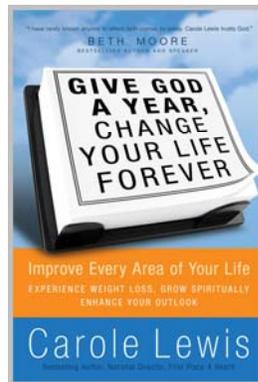
*Dear Ones,*

If I ever wonder why I do what I do, it is answered by receiving e-mails like the one below from Kathlee Coleman, one of our First Place 4 Health Networking leaders. Last week I was in Toronto and was interviewed on two TV shows about the Give God A Year book. After reading Kathlee's e-mail, I am once more reminded that this book writing is not about me at all, but God is doing a work in people's lives through the writing that He empowers me to do. I have such a love for our First Place 4 Health members and leaders and I am humbled that God would allow me to serve you in whatever way I can.

I am praying that Kathlee's heartfelt message will resonate in your heart today and that you will decide to give God a year and change your life forever.

*Hi Carole,*

*I feel led to share with you what God is doing through you and your writing. I finished reading "Give God a Year" at the end of January. Even though I had heard you speak on it at the Leadership Summit and I had set some goals then, I allowed my own sinful attitude of disobedience to get in the way, so I did not follow through. I overwhelmed myself also because there was so much I wanted to accomplish! I always come away from the Summit inspired and ready to make big changes! Then mid August, reality hits when school starts again and I seem to fall into the same cycle...set big goals, work starts and everything goes by the wayside as I'm overwhelmed at work. Anyway, back to January, I finished reading "Give God a Year" and I posted this blog on my Sparkpeople site...*



*I'm currently reading "Give God a Year, Change Your Life Forever" by Carole Lewis, director of First Place 4 Health. So, I'm accepting the challenge. I'm ready for it now. I attempted to do this in the fall, but fell on my face by overwhelming myself with wanting to do too much. So this time, I'm following the suggestions.*

**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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**First Place 4 Health**

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*PRAY and OBEY...this is what I need to do daily to meet my goals.*

***God's Part - 5 things I want to accomplish this year - I can't do these without God's help!***

- 1. Get out of credit card debt.*
- 2. Lose all excess weight and keep it off. Goal weight = 140*
- 3. Write my first book.*
- 4. Speak at women's conferences, FP4H events, etc. I enjoy public speaking, teaching and helping others to grow.*
- 5. Be a respecter of my husband, no matter what.*

***My Part - What I'll do daily to be the best I can for the Lord.***

- 1. Exercise 5 times a week for at least 30 minutes.*
- 2. Eat at home 6 times a week. If not possible, research restaurant ahead of time and plan what I'll eat.*
- 3. Quiet time daily, including Bible reading, study, and prayer journaling.*
- 4. Speak kindly to my husband, biting my tongue and praying before approaching him about any issues.*
- 5. Pray each day for my family members.*

*So, the "My Part" in this is not earth shattering...things I need to be doing anyway. But I'm determined to do them, ready to give God my all to see what He'll accomplish in my life. These are things I know I need to do to be obedient. This thinking, however, has changed my life. Before, I would set so many lofty goals for myself that I could not accomplish them all. The "my part" is the "obey" part that I must do. And they are not things that are too difficult.*

*I have definitely not been perfect in all of this in the last few months. I've lost 15 lbs. Even through some rough waters, I've kept that off over the last month. My quiet times have been sporadic through this last month, but I'm determined to be faithful to that commitment. Exercise and eating right have been a challenge this month, but I've been able to maintain my weight through being sick and dealing with some major emotional issues, so praise God!*

*The most difficult thing I put on my list was being a better respecter of my husband. That is something I so struggle with! And it even made it on both lists, because this is definitely the most difficult things I've ever had to overcome! I'm a very strong willed woman and I'm married to a very easy going man (I think God knew I needed someone easy going with my personality!). Because he's so easy going, I tend to treat him terribly sometimes. It saddens me to think of the things I've said and done to make him feel unloved and disrespected. And because I've made this a priority for the year, Satan has used several issues to really try to drive a wedge between my husband and myself. As I was praying yesterday, God showed me how I need to NOT let Satan use these issues to drive us apart, even though these are some pretty big things. I've not dealt with my husband in a very respectful way throughout the time that these issues have come to light. But I'm not giving up, and I've had to go to him more often than I care to admit and ask him to forgive me for my words and deeds. God keeps putting on my heart the need for this in my life. I have to STOP being disobedient in this area. I need to listen to the Holy Spirit more BEFORE I open my mouth! Praying about this daily keeps it at the forefront of my mind. Now the obeying needs to follow.*

*Before, I would have been so overwhelmed I would have quit trying on ALL fronts by now. But because you obeyed God and wrote the words He gave you, I now have hope that I can keep going, keep trying, and keep giving God this year to make these miraculous changes in me.*

*Thank you, Carole! Thank you for being willing to let God use you, thank you for being obedient!*

*Kathlee*



## Leadership

### Inspiring Leadership Pam Hawkins & Sarah Mielke



**Vicki Heath**

vicki.heath@firstplace4health.com

Saturday, April 17, I had the honor and privilege of sharing the stage with Pam Hawkins and Sarah Mielke at our Hope 4 You event in Paducah, Kentucky. These two women truly inspired me. They are both currently leading FP4H classes in their churches and their ministries are growing. Pam teaches classes in her own church and also has started a new class in the church where she works. Sarah's classes are full, and people are driving miles to attend and be a part of what she is leading.

#### **The Fundamental Key**

The fundamental key to this significant growth in their ministries is this: personal weight loss success. Between the two women, at this date they have lost almost 300 pounds! When we, as leaders, get to our weight goals, people are going to notice and want to be a part of what we are doing. To quote another successful leader, Joyce Ainsworth, "Our classes are not growing because our leaders are not getting it. Our leaders have the knowledge they need to be successful and are even teaching it, but not applying the principals to their own life. Somewhere there is a disconnect."

She is exactly right. We all struggle at one time or another and can experience setbacks or temporary weight gains and plateaus. In spite of these, we should continually be pressing on toward the goal of attaining a healthy weight. For some of us, it may take a while. It really is all about progress and not perfection.

#### **Our appetites should not rule over us!**

Pam and Sarah both have a couple of things in common about their weight loss success. First, both took control of what they were eating. Our

appetites should not rule over us! We are not powerless! Pam and Sarah both demonstrated this to me with great choices for dinner as we dined together Friday night before the event. They shared how empowering it is to be decisive and strong when it comes to food choices.

They also have decided that exercise needs to be a part of their lives. Sarah shared in her testimony how her first goal was just to start walking one mile. Today she is training for a full marathon! It is amazing what God can do if we are just willing to take the tiniest of steps! Pam shared how much her relationship has changed with regards to her grandson. She can now play with him, go on trips with him, and totally enjoy him so much more because she is not carrying around that extra person (over 100 pounds!) on her back.

Pam and Sarah are a complete inspiration both physically and spiritually. I would love for you also to be blessed by their stories. I am praying that they will both be speaking at our Leadership Summit July 30-31. Here is the link so you can register right now. <http://www.firstplace4health.com/events/2010/07-30/leadership-summit--better-together>.

Make plans now to join us for some fun, fellowship and incredible leadership inspiration! Special thank you's to Pam and Sarah for your long obedience that has resulted in this life change – God is truly glorified! May it be so for all of us.

Stay Strong,

**Vicki Heath**



## Upcoming Events in 2010

### **Pennsylvania Area Leader's Meeting**

May 22, 2010  
 Crossroads Church  
 Oakdale, PA  
 Contact: Helen Baratta  
 Email: [hbaratta1@verizon.net](mailto:hbaratta1@verizon.net)  
 Phone: 412.400.4644

### **Illinois Area Leader's Meeting**

June 5, 2010  
 First Baptist Church  
 Petersburg, IL  
 Contact: Becky Bergner  
 Email: [becky\\_bergner@yahoo.com](mailto:becky_bergner@yahoo.com)  
 217.341.2527

### **New England Area Leader's Meeting**

June 5, 2010  
 Bethany Church  
 Greenland, NH  
 Contact: Delilah Dirksen  
 Email: [djdirksen@comcast.net](mailto:djdirksen@comcast.net)  
 Phone: 603.234.3644

### **Arkansas Area Leader's Meeting**

June 19, 2010  
 Temple Baptist Church  
 Searcy, AR  
 Contact: Charlotte Davis  
 Email: [tckjdavis@windstream.net](mailto:tckjdavis@windstream.net)  
 Phone: 501.281.3281

### **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  
 Contact: Lisa Lewis  
 Email: [lisa.lewis@firstplace4health.com](mailto:lisa.lewis@firstplace4health.com)  
 Phone: 800.727.5223, x1001

### **Hope 4 You ~ Ohio**

September 11, 2010  
 New Hope Baptist Church  
 Loveland, OH  
 Speakers:  
*Carole Lewis*, President, FP4H  
*Vicki Heath*, Dir. Of Leadership Dev.  
 Contact: Janet Kirkhart  
 Email: [janet@newhopeonthehill.com](mailto:janet@newhopeonthehill.com)  
 Phone: 513.382.8231

### **Wellness Week**

October 7-14, 2010  
 Round Top, Texas  
 Speakers:  
*Carole Lewis*, President, FP4H  
*Vicki Heath*, Dir. Of Leadership Dev.  
*& more!*  
 Contact: Lisa Lewis  
 Email: [lisa.lewis@firstplace4health.com](mailto:lisa.lewis@firstplace4health.com)  
 Phone: 800.727.5223, x1001

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*For more information about any of these events, please visit [www.firstplace4health.com](http://www.firstplace4health.com).*

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## Balanced Living - Physical

### Core Strength



**Jeannie Blocher**  
jeannie@bodyandsoul.org

The “Core” is a new buzzword in the exercise industry. Whether you are choosing a group exercise class, working with a Personal Trainer or deciding how to exercise on your own, you will hear it. There are core training videos available as well as studios and fitness programs named using the word core. Just Google “core fitness” and you will be amazed at all the information you find!

#### **The Powerhouse of Your Body**

The important thing to know is that the core of your body includes both the abdominal muscles and the back muscles. The general consensus is that it includes all the muscles and connective tissue that attach to the lumbopelvic hip complex, thoracic spine and cervical spine. (Akuthota & Nadler 2004) In simple terms the core is the natural girdle that God designed to brace and maintain the stability of the spine, pelvis and shoulder girdle. It refers to the whole center of your torso and it is called the “powerhouse” of your body because the movement of the extremities originates from the core. This means that if you can develop a strong core, you will be more efficient in every activity you do during the day. Core fitness is functional fitness. It is practical for everyday life!

As you can see from even this brief explanation, it is important for you to consider seriously the need for core exercises as part of your fitness regime. You can start your day with a core routine or choose a group fitness class that includes core exercises for both the abs and back. Pilates is ideal, as many of the exercise developed by Joseph Pilates in the world of rehab require the muscles of the core to work together in synergy. If you attend a gym or work with a Personal Trainer, ask for core training and dialogue with fitness professionals about their perspectives on this topic. The more you learn, the more you will be convinced that core fitness is critical to your health.

One word of caution—if core training is done incorrectly in poor form, it not only will be ineffective, it might lead to injury. Don’t just get a video and jump in without having someone who is knowledgeable check your positions. Core exercise can be intense, and it is advisable to start slowly and build up gradually. If your abs or back have become weak over time, it will take time for them to get stronger. The great thing is that you will feel the improvement all along the way as you work your way to core fitness one step at a time. Get started now— Be strong in the Lord and in His mighty power! (Eph 6:10)

Wishing you strength and health,

**Jeannie Blocher**

President, Body and Soul Ministries

[www.bodyandsoul.org](http://www.bodyandsoul.org)



## Created for Good Works

Steve Reynolds  
sreynolds@capitalbaptist.org



*For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.*

**Ephesians 2:10**

God created our bodies, and He created them for himself. Your body is the temple of the Holy Spirit. It is a holy place. You may ask, “Is God really concerned about my body?” The good news is that because our bodies are so important, God gives us instructions regarding how to take care of it. He tells us how we can honor Him with our body. Since God considers our body important, we should too.

God made us in His image. Wow! Think of it. It is truly awesome to have the image of the living God within us. God gave us everything we would ever need to live on this earth. Man is His crowning achievement. When man sinned and fell from grace, God gave us the best that heaven had to offer so that we could be redeemed. He gave us His only Son, Jesus. He also sent His Holy Spirit, not only to comfort us, but also to indwell us. God has a huge vested interest in us, His creation. Doesn't it follow, then, that we need to take care of the body He has given us? Doesn't it make sense that our bodies should be finely tuned instruments fit for His use? We should honor Him by having a Bod4God lifestyle.

**A very important question to ask is this:**

**“Is the way I’m living and feeling now the way I want to live and feel five, ten, twenty years from now? Is this the way I want to spend the rest of my life?”**

It's about taking what I call “Small Steps to Life” to change your lifestyle, changes that will put you on a path to better health for the rest of your life. It's important to move from eating food that is killing you to eating food that will build your body's strength. It's necessary to move from being a couch potato to being physically active and from being unhealthy to becoming physically fit. Ephesians 2:10 says, “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.”

Do you really think that without making changes you will suddenly become healthy? Would you be able to put in a full day of physical activity and be alert and engaged with others?

God says that as our days are, so shall our strength be (see Deut.33:25). As long as we are on this planet, God has work for us to do. He has much that needs to be done for His kingdom, and He is looking for those who are willing and equipped to do that work.

### **Steve Reynolds**

Steve 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 4 tons of weight.



## Success Stories



### **Rachel Dennis** **Lancaster, Ohio**

I am so blessed that First Place 4 Health entered into my life. It has truly changed me forever. Here is where my journey began. Before going on vacation last year, I set through the presentation on the four-sided person. I was reminded by my leader that I was the last person to sign up that day. Although I was at the very end of my overweight rope, I had tried everything else and it didn't work, so what did I have to lose but weight? So I gave the First Place 4 Health program a shot with plenty of skepticism.

My weight problem started at around age seven. By the age of ten, I was 120 lbs. From that point on, I continued to gain weight by leaps and bounds. I graduated high school and weighed 190 lbs. During this time, I tried all types of diets, even to the point of being anorexic.

Shortly after graduating high school, I met my husband. The day I got married I weighed 238 lbs. After the birth of my second child, I was unable to lose the weight. As my son approached the six-month mark, I was teetering between 250-251 lbs. At that point, I just accepted that I was forever going to be overweight; I had to accept it or have bariatric surgery.

The day I decided to go to my first meeting changed my life forever, though I did not know it at the time. I had completed the Bible study, memorized my Scripture, and started immediately to change my calorie intake. By the end of the first week, we weighed in and I was shocked. I had lost six lbs. already. Wow! I thought, "How did that happen? It was too easy."

As weeks passed, we went deeper and deeper into Bible study and Scripture. I was astounded. The pounds began to melt off just by following what the Lord had put before me. Now, I have to admit that even though the weight was coming off, I didn't begin to exercise until I was told I needed to start. So whatever the program told me to do, I obediently followed.

I pushed through the pain of Fibromyalgia and the nights of being too tired to move. At the end of 12 weeks, God had performed a miracle in my life. He had given me a weight loss total of 42 lbs in 12 weeks. I was shocked. How was that possible? As I looked at that first 12 weeks, I thought to myself, "This is the first time in your life that you have prayed to God to take your weight away." What a wonderful gift, but I wasn't done. I agreed to a year. What was God going to allow me to do through First Place?

On March 5, 2010, I turned 30. My goal was to be 100 lbs down by that day, God willing. As I woke up that Friday morning, I stepped on the scale. I received the best present I have ever gotten. I weighed 139.4 lbs. God blessed me! All the hard work that I had put into being obedient and praying was well worth the sweat and tears.

*Continued on page 8*



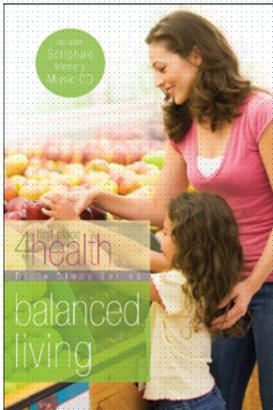
As of this date, I have lost 111 lbs. in a total of nine months just by giving Christ control of my life. I tell people of my miracle and they ask if I have had "the surgery." I proudly say, "No! God did it; let me tell you how!"

When I get discouraged, I fall back on the principles of that very first 12 weeks – God- centered weight loss! I recall Scriptures and pull from the Lord's awesome strength to get me through the challenging times. God has healed me physically, emotionally, and spiritually this year. He is awesome in his might and power.

Thank you First Place for saving my life and the life of my family.

**Rachel Dennis**  
**Lancaster, Ohio**

**On Sale now at [www.firstplace4health.com](http://www.firstplace4health.com)!**



### **Balanced Living**

Have you ever ridden in a vehicle when the wheels were out of balance? The car will begin to vibrate at around 50 miles per hour, and this vibration will increase in intensity as you accelerate. Pretty soon, you will feel the vibration in the steering wheel, seats and floorboards, and instead of the tires spinning smoothly, they will literally "bounce" down the road. It's a bumpy and uncomfortable ride, and the life of the tires, ball bearings, shock absorbers and other components will be much shorter than if the tires had been kept in perfect balance. Your life can get in the same shape as unbalanced wheels. If you forge ahead without a plan, you may first notice things are a bit shaky. The more you do and the faster you go, the louder and more intense the shaking becomes. Soon, you feel the effects in your home, your family, your job and your relationship with others and with God. Your quality of life is diminished, and you begin "wearing out." In *Balanced Living*, you will learn how to regain the balance that God intended for each of us to have in all four areas of our lives: mental, physical, emotional and spiritual.

**\$16.99 (\$19.99 SRP)**

**You can also find great new accessories for your end of session awards!**



## Devotional

### A Safe Place

*The name of the Lord is a strong tower: the righteous run to it and are safe.*

P R O V E R B S 1 8 : 1 0

Cracks of thunder and flashes of lightning brought the three little children jumping into our bed. They had found a safe place. The thunder can continue and the lightning can flash in the same way, but now there is no fear as they are in our bed and our names are mom and dad so they feel safe. One of our children, lost for just a few minutes in a crowded store, thought he was with me but he looked up and was walking with a woman wearing the same color of coat. When he realized it was not me, he panicked and then spied me and came crashing into my body. I could sense his body relax as he felt my familiar arms. I had him in view all the time, but he had not seen me.

God has us in view all the time, but we need to go to Him. The girls in First Place do not want us to take a break. They believe that by coming to the meetings every week and getting the support of the group and the bible study, they can do it. They can reach their goal and they feel safe and confident in doing the program. Not feeling alone makes us feel safe and knowing this verse as we handle the different situations in life, whether it is an illness, or going to Him for help in our eating habits, He is there for us.

#### P R A Y E R

*Lord I know all I need to do is to call out your name and you are there for me in every type of situations, to share in my trials as well as my joys. Amen*

**Journal:** Have you ever been alone and felt afraid and then a sudden relief floods over you as you see a familiar face or hear a familiar voice ?

Bev Schwind, First Place Leader  
Fairfield Glade, TN

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



## Recipes for a Spring Picnic!

### Raisin & Nut Biscotti *2 Dozen*

1 2/3 cups all-purpose flour  
 3/4 teaspoon baking powder  
 1/2 teaspoon grated whole nutmeg  
 1/4 teaspoon baking soda  
 1/4 teaspoon cinnamon  
 3/4 cup sugar  
 2 teaspoons vanilla extract  
 2 large eggs  
 3/4 cup chopped dry-roasted cashews  
 3/4 cup golden raisins  
 Cooking spray

Preheat oven to 300°. Lightly spoon flour into dry measuring cups, and level with a knife. Combine the flour and the next 4 ingredients (flour through mace) in a large bowl. Beat the sugar, vanilla, and eggs with a mixer in a large bowl at medium speed until thick. Stir in the flour mixture, cashews, and raisins. Turn the dough out onto a lightly floured surface, and knead lightly 7 or 8 times. Shape dough into a 12-inch roll. Place roll on a baking sheet coated with cooking spray, and pat to 1-inch thickness. Bake at 300° for 45 minutes. Cool 10 minutes on a wire rack. Cut roll diagonally into 24 (1/2-inch) slices; stand the slices upright on baking sheet. Bake for 20 minutes (the cookies will be slightly soft in center but will harden as they cool). Remove from baking sheet; cool completely on wire rack.

**Nutritional Information per biscotti:** 102 Calories, 2.6g Fat, 2.2g Protein, 18g Carbohydrate, .7g Fiber, 18mg Cholesterol, 0.8mg Iron, 52mg Sodium

Find lots of great recipes on our website. Just go to [www.firstplace4health.com](http://www.firstplace4health.com) and click on Resources.

### Mozzarella & Herb Wraps *Serves 4*

3/4 cup (3 ounces) diced fresh mozzarella cheese  
 2 tablespoons chopped fresh basil  
 2 tablespoons chopped pitted kalamata olives  
 1 tablespoon chopped fresh chives  
 1 tablespoon chopped fresh oregano  
 1 teaspoon olive oil  
 1/4 pound thinly sliced pepper ham  
 16 asparagus spears, steamed and  
 4 (8-inch) fat-free flour tortillas

Combine the first 6 ingredients in a medium bowl. Cover and chill 2 hours. Arrange 1 ounce of ham and 4 asparagus spears on each tortilla. Spoon about 1/3 cup cheese mixture over the asparagus, and roll up.

Note: These wraps may be assembled up to 4 hours in advance, though the tortillas will begin to absorb moisture if prepared too far in advance. Pepper ham is available in the deli section of most supermarkets. If you are unable to find it, substitute regular ham, and add 1/4 teaspoon freshly ground black pepper to the cheese as it marinates.

**Nutritional Information:** 230 Calories, 7.7g Fat, 13.4 g Protein, 26.7g Carbohydrate, 1.8g Fiber, 30mg Cholesterol, 1.8mg Iron, 862mg Sodium

### Strawberry-Kiwi Salad *Serves 4*

1/4 cup half-and-half  
 2 tablespoons white balsamic vinegar  
 1 tablespoon sugar  
 1/4 teaspoon salt  
 3 peeled kiwifruit, each cut into 6 wedges  
 2 cups quartered strawberries (about 1 pint)  
 2 tablespoons finely chopped fresh basil

Combine first 4 ingredients in a bowl. Add kiwifruit and strawberries; toss well. Cover and chill for 1 hour. Stir in basil just before serving.

**Nutritional Information:** 90 Calories, 2.3g Fat, 1.6g Protein, 17.8g Carbohydrate, 2.8g Fiber, 6mg Cholesterol, 0.7mg Iron, 157mg 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](http://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](http://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**

# 4<sup>first place</sup>thealth

discover a new way to healthy living

[FirstPlace4Health.com](http://FirstPlace4Health.com)

## 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
- ~ Complete Fitness Testing
- ~ Inspirational Speakers
- ~ Rest and Relaxation
- ~ Daily Exercise Options
- ~ Healthy Delicious Meals

Contact Lisa Lewis at  
**800-727-5223, x403** or  
[lisa.lewis@firstplace4health.com](mailto:lisa.lewis@firstplace4health.com)  
or visit  
[www.firstplace4health.com](http://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](http://www.firstplace4health.com) and click on Events.**