



first place
4health

discover a new way to healthy living

FirstPlace4Health.com

June 2010



Dear Ones,

Forget the former things; do not dwell on the past. See I am doing a new thing! Now it springs up; do you not perceive it?
Isaiah 43:18-19

May was a month full of graduations in our family. Our granddaughter Christen (Shari & Jeff's middle child) graduated from Texas A & M University and the next weekend we traveled to Austin to watch our grandson Tal (John & Lisa's oldest) graduate from the University of Texas.

The day after Christen's graduation we celebrated with a grand party at Christen's home and then on Memorial Day weekend, our family all gathered at our property at the bay for a party to celebrate Tal's graduation.

As I write these words, my husband, Johnny, is just two treatments away from completing five months of chemo. God blessed us by giving Johnny the strength to attend both graduations, even though it involved a day of traveling for each one. We are, and will continue to be, forever grateful to our God for this miracle.

This month, I want to talk to you about the verse above because I am acutely aware that God is always doing a new thing in our lives. When Hurricane Ike hit on September 13, 2008, our lives were instantly turned upside down. We went from having a lovely home on Galveston Bay to having no home and no furnishings. Looking back on that experience has given me insight that I didn't have while we were going through that dreadful time.

God gave us 11 wonderful years living on the water, but that is now in the past. Because He is doing a new thing in our lives, it was necessary to move us back into Houston. Today, I see clearly that I would never have been willing to move if that house was still standing. Let me share with you a few of my observations.

When God does a new thing in our lives, we must leave the past behind.

After Hurricane Ike we lived in our next door neighbors home for two months. Johnny and I have never been more miserable than we were during that time. One day Johnny said, "We need to move back to Houston" and within two weeks we moved back. A dear friend rented us her beautiful, furnished townhome and we lived there for 15 months not needing a thing. During this time, God was

Continued on page two

Matthew 6:33:

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

Dear Ones

Carole Lewis ~ Page 1

And Can It Be

Vicki Heath ~ Page 3

Fitness for Everyday Life

Jeannie Blocher ~ Page 5

Time to Take Up The Cross of a Health Lifestyle

Steve Reynolds ~ Page 6

Success Story ~ Page 7

Devotional ~ Page 9

Recipes ~ Page 10

First Place 4 Health

(800) 727-5223

(713) 688-6788

To Place an Order:

(800) 727-5223, x1002

www.firstplace4health.com

The *First Place 4 Health E-Newsletter* is published monthly by First Place 4 Health. Address all correspondence to First Place 4 Health, 7025 W Tidwell, H-101, Houston, Texas 77092



Continued from page one

weaning us from the water and also showing us that where we were living was the place he wanted us to be permanently.

Our dog, Meathead must be walked several times a day and on these walks I met some of the nicest people in the world. Many Christians live in this townhome community and little by little, we knew that God's plan was for us to settle here. A few months ago, God gave us a wonderful townhome that has a downstairs bedroom and bath, which we need for Johnny. Our son, John, was free to oversee the renovating of the townhome and today we live in a place that feels like a brand new home. We are so thankful that God knew where we needed to be and that He led me to call my friend, Linda. that day in December, 2008.

When God is doing a new thing, we must be aware of it.

His Hand in all this is so evident today. During this period, First Place has become an independent ministry and I needed to be closer to work. During this period, Johnny has needed for me to be closer to him and it has been a blessing to be able to drive five minutes to get to him instead of 46 miles.

I wonder if God desires to do a new thing in your life today. Maybe your life has been radically shaken and you can't fathom how God could have your ultimate good in mind. Take heart, my friend; God knows where you are and He loves you too much to let you stay there.

Have you gained back all the weight you lost? God wants to do a new thing in your life today. Past victories are just that; they are in the past. God wants to do a new thing and wants to hold your hand every step of the way. Begin again with Him and give Him first place in all you do. The weight will come off and He will gain glory from the changes He helps you make. The secret is to know that God's plans for you are good and that He will lead us every step of the way on this journey called life.

Is your marriage in shambles?

God wants to do a new thing in your life today. Forget the past and begin again with God guiding your words and your actions. Give Him first place in your marriage and you will see miracles you never believed possible.

Money problems?

Today is the first day of the rest of your life. Give God first place today and let Him take control of your finances. He knows where you are and He cares. Your problems are not problems for God.

His desire is to make us Holy and He will do whatever it takes, including allowing life shaking events to bring us to Him for the help we need.

Next month, I will continue this article and cover some more observations I have gleaned during the last 18 months. Tune in next month for the rest of the story.

Notice to all you First Place 4 Health leaders and potential leaders:

After our annual Leadership Summit, we will spend Saturday afternoon at our place at the bay. We still have the pier and our boat, so we will have a grand afternoon together. We can't wait to see you and we so hope you will make plans to join us for the Leadership Summit, July 30-31, 2010.

Blessings!

Carole Lewis



Leadership

And Can It Be



Vicki Heath

vicki.heath@firstplace4health.com

I woke up this morning with a song in my heart and the words playing over and over in my brain. Has that ever happened to you? You hear a song and it makes its way into your subconscious. This one is an old hymn written by Charles Wesley not long after his conversion. I can relate to him. He spent the first part of his life really trying to get it right. Striving can be exhausting. Charles Wesley was born just before Christmas in 1707. He grew up in London and during his second year at Oxford, he grew serious about spiritual things. Still, he nor his brother John had yet to receive Christ as Savior; however, they were bent on trying to live the Christian life so perfectly and methodically that they were called Methodists¹ by their fellow students.

Trying Hard To Get It Right

Charles really tried hard to get it right, but he kept failing. As young men, he and John volunteered to go to the American colony of Georgia to be missionaries. Again, utter failure. Charles was demanding and autocratic in nature and insisted on baptizing babies, and not by sprinkling them, but immersing them three times in succession! One angry woman even fired a gun at him. Charles and John went back home to England, tired and discouraged and in a spiritual crisis. All of their “striving” had not brought them the connection with God they had tried so hard to attain. Finally, after hearing the teachings of a Moravian Christian named Peter Bohler, they finally got it. On Sunday, May 21, 1738, Charles wrote, “I now found myself at peace with God, and rejoiced in hope of loving Christ. I saw that by faith I stood.”

For it is by grace...

Such was the case for me as a young girl, trying so hard to do things right. Trying so hard to please my parents, trying so hard to make good grades, trying so hard to be accepted and loved by God and everyone

else, but to no avail. It does not work that way. A whole lifetime of trying to “do” the right things will not bring you into a right relationship with God. If that were true, then we would all be bragging about what a good job we are doing. *For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – not by works, so that no one can boast.* Ephesians 2:8. NIV

Occasionally, I find myself going back to that old way of thinking. I picture it as going back to putting on the chains that held me fast for so many years. I wake up some mornings and think, “Today, I am going to get it exactly right ... today is going to be a perfect day. I will start off with my quiet time, go and exercise, choose only quality foods in small portions and write down every single bite of it. I will be kind and generous to all that come in my path ... blah, blah, blah.” Then I mess up, usually as soon as my feet hit the floor! I do not want to go back to a life of slavery – being enslaved to seeking approval. I don’t have to do that with Jesus. He could not love me more than he does right now. I have come to realize that life is a journey and we can either march our way through or we can dance in the light of His Love! I choose this day to dance... because He loves me and gave Himself for me. I rejoice with the hymn writer, Charles Wesley, who penned the words to my new favorite hymn that is wonderfully stuck in my brain:

*Long my imprisoned spirit lay,
Fast bound in sin and nature’s night;
Thine eye diffused a quickening ray –
I woke, the dungeon flamed with light;
My chains fell off, my heart was free,
I rose, went forth, and followed Thee.*

Amazing Love – How can it be! Not going back ...

Vicki Heath

¹ Then Sings My Soul, Robert J. Morgan



Upcoming Events in 2010

Arkansas Area Leader's Meeting

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

Leadership Summit

July 30-31, 2010
Houston's First Baptist Church
Houston, Texas
Speakers:
Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
Jennie Afman Dimkoff, Speak Up With Confidence
Contact: Lisa Lewis
Email: lisa.lewis@firstplace4health.com
Phone: 800.727.5223, x1001

Hope 4 You ~ Tennessee

August 21, 2010
New Vision Baptist Church
Murfreesboro, TN
Contact: Tina Moser
Phone: 615.895.3374
Email: tm.4him@att.net

Hope 4 You ~ Ohio

September 11, 2010
New Hope Baptist Church
Loveland, OH
Speakers:
Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
Contact: Janet Kirkhart
Email: janet@newhopeonthehill.com
Phone: 513.382.8231

Hope 4 You ~ South Dakota

September 25, 2010
Brookings Wesleyan Church
Brookings, SD
Contact: Chris Engen
Phone: 605.690.5075
Email: jeff@dmdj.com

Wellness Week

October 7-14, 2010
Round Top, Texas
Speakers:
Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
& more!
Contact: Lisa Lewis
Email: lisa.lewis@firstplace4health.com
Phone: 800.727.5223, x1001

Hope 4 You ~ Texas

November 6, 2010
University United Methodist Church
San Antonio, Texas
Contact: Deb Stark
Phone: 210.567.2296 or 210.641.2964
Email: dlstark1220@sbcglobal.net

Hope 4 You ~ New York

November 13, 2010
Elim Grace Christian Church
Oswego, NY
Contact: Ann-marie King
Phone: 315.343.4166
Email: thekingsbusiness@gmail.com

Coming in 2011

January 29, 2010 ~ Brandon, MS
February 26, 2011 ~ Roseland, CA
March 26, 2011 ~ Oakdale, PA

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



Balanced Living - Physical

Fitness For Everyday Life



Jeannie Blocher
jeannie@bodyandsoul.org

This time of year the outdoors “calls our name.” We breathe in the fresh air and step outside to take a walk, and we all know it is good for us. Walking is a great activity that has fitness benefits for both the heart and lungs, and we should all strive to fit it into our life on a regular basis. If you can only manage 15 minutes a day of walking, start with that. If you are a “multi-tasker,” combine it with prayer and meditation for an outdoor quiet time alone with the Lord. Take along a 3x5 card with Bible verses on it and work on your memorization while you walk, or turn on your iPod full of upbeat worship music that will help you speed up your pace.

Walking for Fitness = Catching Up With a Friend!

For variety, plan days when you can walk with a friend; you can keep each other accountable, catch up on prayer requests, family news and laugh together—all while you are both building your fitness level. You’ll be amazed how fast the time goes, and before you know it, a half hour will have passed and the steps on your pedometer will have added up!

Dog = Fitness Friend!

Here’s another thought—do you know that your pet can be your fitness friend? Instead of thinking of walking the dog as something you have to do, think of it as a chance for both you and your pet to get healthier. Many times it just takes a change in attitude to make the same daily habit into a joy instead of a chore.

Yardwork = Calorie Burn!

But there’s more! What about yard work? You can supplement your regular fitness routine with activities that accomplish tasks around your home and be encouraged that you are burning calories doing that too. Here are a few outdoor endeavors, along with their calorie expenditure for a 30-minute time frame, that was recently published by the Cooper Institute in Texas: watering the lawn or garden—63 calories, planting seedlings—188 calories, cleaning gutters—209 calories. Basically, everything you do that requires activity and effort will help you burn calories and improve your fitness. You don’t have to be a sports fanatic; you just need to live an active productive life! And isn’t that our goal anyway? Let’s guard our health so we can serve the Lord with gladness and energy!

Enjoy the beautiful world that God has created.

Wishing you strength and health,

Jeannie Blocher

President, Body and Soul Ministries

www.bodyandsoul.org



Time to Take Up the Cross of A Healthy Lifestyle



Steve Reynolds
sreynolds@capitalbaptist.org

Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it."
Matthew 16:24-25

Well! It's that time again! Spring is here leaning toward summer. This is the time of year we begin to shed all the layers of clothing that we've used to cover what we perceive as flaws, and for some of us, the mounds of flab and flesh that's been hidden all winter.

One of the first things that come to mind is the last thing many of us want to hear, "It's time to go on a diet." I believe the word diet is so unappealing because the first three letters spell "die." Most of us feel as though we will die if we have to "give up" those foods we love, though we know they are killing us.

The idea behind a diet is the act of denying one's self, setting guidelines on what you eat while initiating a plan for exercise to build a better body. Remember, if we are to follow and work for Christ, we have to be physically able to endure what the assignment requires.

The Scripture verse noted above indicates we have to *deny ourselves* to follow Christ. We have to *take up our cross* to follow Him. As for me, part of that cross was to give up bad eating habits and begin to exercise. If I wanted to follow Him, I had to give up an area that was extremely difficult for me. So then, as much as we need to be willing to deny ourselves, even that much more do we need to be willing to follow Jesus' example by taking up our cross daily.

We have to identify our cross and then take up that cross. Your cross can be anything you believe you can't live without. For many of us, our cross is a healthier lifestyle. Your cross might also be drugs, alcohol, the Internet, or maybe an emotional dependence upon a person. Whatever it is, the Bible teaches us that like Jesus, we too have to deny ourselves and dedicate our total lives to Him.

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



Don Steffey Murray, KY

Just 8 months ago I was struggling to not gain back all the weight I had lost in First Place. I had gone from the mid 259's back up to 317 pounds and still unable to quit eating. I prayed for God's help and finally, just in time (Isn't He always on time, every time?) God gave me the boost I so dearly needed.

Guess what? God made me a teacher of First Place. Not only that, He scheduled a First Place conference in Mackenzie, TN last summer which included the national director of First Place and all the other national officers. Well, I had to be an example to my classmates. And I wanted to lose weight before I met Carol et al.

God knows what we need before we even can vocalize it! Today, I am slightly below 250 pounds. I won't say I'm not struggling--I am--but the struggle is part of what my life has become. Before First Place there was no struggle, just eat what I want, when I want to. My highest weight prior to First Place was 424 pounds. Now I have been blessed with a 176 pound weight loss. I'm not sure where I want to go to, but I'm not in a hurry to get there like when I began.

Know what? The struggle is fun. I have started running. Running started in June of 2009. I ran our local "Main Street Mile" in July of 2009. I couldn't run the whole mile. I got about half way and walked some, ran some more, walked some more and was able to finish in about 12+ minutes. Good enough for 3rd place in my age group.

I asked God to help me be able to run the yearly Primary Care Clinic 5 K run by July of 2010 as well as the Main Street mile on that same day. God didn't take a year to answer my prayer; within about four weeks I was already running 5 K races. I have a trophy case with 8 medals and one big trophy. All the medals are for 5 K runs but one. It's for 3rd place in a 10 K run. Although some can, 64 year olds my age can't run much faster than I run.

I now run 3-4 times weekly as well as weight-lifting 2-3 times weekly and use the Elliptical Stepper between run days. God has given me a love for exercising that I never had before. I especially love running and have already scheduled myself in 3 runs, all 5 K runs for this year. (2010). On April 17th I get to run in a 5 K with my son, Michael, his lovely wife, Chrissy, and my granddaughter, Abby, in Chickaumauga, Ga. I believe exercise is a valuable key in weight control. But I know it was God who gave me the desire, the will, and the ability to "move it." He can do the same for you if you ask Him in faith.



Myth or Fact?

Eating late at night is no different than eating during the day, so I can eat whatever I want at night without worrying about it wrecking my diet. In fact, I'm better off if I don't eat very much for breakfast and lunch so that when dinner time arrives, I can eat guilt-free...

MYTH! Even though 100 calories at 12 p.m. is the same as 100 calories at 12 a.m., as the workday winds down, nighttime can include lounging around and impulsively snacking on high-fat, low-nutrient foods. In other words, you make poorer food choices during the evening. What's the first thing you do when you come home? If it's plopping down exhausted on the couch with a bag of snacks and flipping on the television, then you've got a bad habit to break. Sitting idle in front of the TV digging your way to the bottom of a bag of potato chips is a habit to which many adults have become accustomed.

On Sale now at www.firstplace4health.com!



Healthy Summer Living

Summer is a time filled with sunny days, picnics at the lake, outings, vacations and special celebrations. But it is also a time when disruptions in normal schedules can make it difficult to remain committed to healthy living. *Healthy Summer Living* is a six-week Bible study based on the book of Proverbs that will provide you with the order and structure you need during the busy summer months to stay on course. **\$12.00 (\$14.99 SRP)**

Check out our accessory items including a new aluminum water bottle at www.firstplace4health.com/store.



Devotional

Good All The Time

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

R O M A N S 8 : 2 8

On June 10, 2003, my husband lost his job of 13 years. He was the sole breadwinner for our family as I stayed home to raise our infant son. He searched for a job for a month, submitting hundreds of resumes and interviewing, but with no leads. It was apparent that I would need to return to work as a junior high school math teacher and I was devastated to have to leave our son.

That same day my husband lost his job was the first day of our first session of First Place 4 Health at our church. I knew I had been called to be a First Place 4 Health leader, but in the midst of this overwhelming trial, I didn't know how I would cope. During the next month, I continued to lead and spend much time writing in my prayer journal, often ranting and raving over the fact that I would have to return to my former job. During this time, God placed one truth on my heart: He was working all things for my family's good--I just couldn't see it yet. It was as if my mind needed to be opened to the possibility that many blessings could come our way if I would just step out of the way and allow God to work.

Two years later, God is still showering us with blessings because of my decision to step out of the way and allow God to work all things for the good of those who love him.

P R A Y E R

Lord, today I commit everything to you knowing that you promise to work for my good in all things. I praise you for calling me to a Christ-centered life that conforms to your purpose.

Journal: What circumstances seem too difficult for God to work out for your good? Ask God today to open your mind to the possible ways that He could bless you through those circumstances.

Kathlee Coleman, First Place Leader
Palmdale, CA

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



Quick & Healthy Snacks

Strawberries with Sour Cream Sauce

Serves 4

- 2 cups sliced strawberries
- 2 cups blueberries
- 1 8-ounce nonfat sour cream
- 2 tablespoons brown sugar
- 1/8 teaspoon ground cinnamon

Combine sour cream, brown sugar and cinnamon. Serve as dip with berries.

Nutritional Information: 58 Calories; trace Fat (4.1% calories from fat); 2g Protein; 13g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 22mg Sodium.

Fruit with Lemon Lime Dip

Serves 4

- 4 ounces low-fat, sugar-free lemon yogurt
- 1 teaspoon fresh lime juice
- 1 teaspoon lime zest
- 6 pineapple chunks
- 6 strawberries
- 1 kiwi, peeled and diced
- 1/2 banana, cut into 1/2-inch chunks
- 6 red grapes
- 4 wooden skewers

In a small bowl, whisk together the yogurt, lime juice and lime zest. Cover and refrigerate until needed. Thread 1 of each fruit onto the skewer. Repeat with the other skewers until the fruit is gone. Serve with the lemon lime dip.

Nutritional Information: 60 Calories; trace Fat (4.1% calories from fat); 2g Protein; 14g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 18mg Sodium.

Packable Snacks

animal cookies	low-fat cookies
bagels	low-fat whole-grain crackers
bread sticks	low-fat granola bars
cheese sticks	low-fat popcorn
energy bars	low-fat yogurt
fresh, canned, dried fruits	nonfat chips
fig bars	peanut butter
fruit juice (single-servings)	plain popcorn
Graham crackers	precut vegetables
Instant oatmeal	pretzels
lean luncheon meats	ready-to-eat cereal
low-fat cheese	water

Lemon-Garlic Pita Chips

Serves 4

- 3 (6-inch) pita bread rounds, split in half horizontally
- 2 teaspoons olive oil
- 1 1/2 teaspoons lemon pepper
- 1/4 teaspoon garlic powder

Preheat oven to 400°. Cut each pita half into 4 wedges; place on a baking sheet. Drizzle oil evenly over wedges. Combine lemon pepper and garlic powder; sprinkle evenly over wedges. Bake at 400° for 5 minutes or until crisp.

More Snacks!

Baked Vegetable Chips

Kale Chips

4 Servings

1 bunch kale (8 to 10 cups)
2 cloves garlic, finely minced
1 tablespoons olive oil
Salt

Preheat oven to 275 degrees F. Wash and thoroughly dry kale. Pluck the leaves from the stems. Discard stems and tear the leaves into bite-size pieces and place them in a large bowl. Add the olive oil and garlic and liberally sprinkle with salt. Toss to evenly coat all pieces. Lay the kale in a single layer on either 2 cooling racks or 2 silicone-lined baking sheets. Bake 25 to 30 minutes, rotating pans halfway through the baking process. Remove from oven and cool slightly. Kale chips will stay fresh in an airtight container for several days. Calories – 110/serving.

Baked Beet Chips: Slice two medium-size beets 1/8-inch thick, place on baking sheet and lightly brush with oil. Bake at 325 degrees F for about 40 minutes. Serves 1. Calories – 40/serving

Baked Carrot Chips: Thinly slice two large carrots; place in bowl and toss with olive oil and salt. Lay slices on baking sheet and bake at 275 degrees F for about 30-35 minutes, checking often to make sure they don't burn. Serves 1. Calories – 45/serving

Baked Potato Chips

4 Servings

2 medium waxy potatoes, peeled or unpeeled
1 tablespoon olive oil
Salt

Preheat oven to 375 degrees F. Thinly slice the potatoes to approximately 1/8 inch. Place potato slices in a single layer on a baking sheet lined with parchment paper. Potatoes should fill two baking sheets. With a paper towel, dab the surface of the potatoes to blot up any moisture. Pour the olive oil in a small bowl. With a pastry brush, lightly coat the potatoes with olive oil. Turn over and repeat. Salt liberally. Bake 25 to 30 minutes, rotating pans once halfway through the baking process. Potatoes are finished when completely golden brown and resemble chips. Remove from the oven and cool slightly on the pan. Chips will continue to crisp upon cooling, and will stay fresh in an airtight container for several days. Calories – 75 Calories/serving

Cinnamon Sweet Potato Chips: Substitute one medium-size peeled sweet potato. Sprinkle with cinnamon and salt for a warm and spicy flavor. Bake 22 to 27 minutes. Serves 1. Calories – 60/serving

Parmesan and Black Pepper Potato Chips: Instead of salt, sprinkle grated Parmesan cheese and cracked black pepper on one side of the potatoes. Proceed with baking. Serves 1. Calories – 75/serving

How Common Snacks Stack Up

Snacks	Calories	Fat
Ice cream (1 cup)	~ 300	~ 15 grams
Candy Bar (2 ounces)	~ 250	~ 12 grams
Mixed nuts (1 ounce or 20 nuts)	~ 200	~ 15 grams
Potato chips (1 ounce or 10 chips)	~ 160	~ 10 grams
Microwave popcorn (3 cups)	~ 150	~ 10 grams
Nonfat fruit yogurt (1 cup)	~ 120	0 grams
Baked chips (1 ounce or 13 chips)	~ 110	~ 1 gram
Pretzels (1 ounce or 9 pretzels)	~ 110	~ 1 gram
Fresh fruit (1 medium)	~ 60	Trace
Air-popped popcorn (3 cups)	~ 50	Trace
Vegetable (1/2 cup)	~ 25	Trace



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, x1001.

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^{first place}thealth

discover a new way to healthy living

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, x1001 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.**