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November 2010



Dear Ones,

November is the month when we are reminded to be thankful for all of God's provisions this past year, and all of the trials that have made us stronger. Thessalonians 5:18 says, *Give thanks in all circumstances for this is God's will for you in Christ Jesus*

I have found that a surefire remedy for lifting depression is the simple act of thanking God for who He is and for all He does in my life. The year of 2010 has been a challenging one for Johnny and me personally, and for the First Place 4 Health ministry.

Personal Update

Johnny began five months of chemo for his prostate cancer in January and finished up the end of May. His PSA spiked in September to over 20 while on hormone therapy, which is a sign of hormone resistance. I was diagnosed with Acid Reflux in August and have been experiencing pain in both knees since early September.

What can I be thankful for with all these problems?

- Johnny came through the chemo with no major infections.
- He is getting stronger by the day and feeling really well.
- His PSA has dropped to 3.5 so he is not yet hormone resistant.
- We have spent the last two weeks at the bay in our RV and the weather is glorious this time of year.
- Acid Reflux is not fatal and I feel very well.
- My knees hurt, but I can still walk and work out.
- God sent me Donna Roberts, a personal trainer and friend, 14 months ago and we work out twice a week with weights. I am so much stronger than I was in September 2009, when we began.
- I have a new book coming out in early December, *Hope 4 You*, for which I am so thankful.

Ministry Update

FP4H moved from offices at Houston's First Baptist Church to a new home in April. Many changes came as we transitioned to an independent 501c3 ministry. The ministry is continuing to grow and change lives throughout the world.

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

Let Love Sustain You

Vicki Heath ~ Page 3

Giving Thanks Even During The Hard Times

Jeannie Blocher ~ Page 5

Lose the Bitterness and

Lose the Weight -

Steve Reynolds ~ Page 7

Success Story -

Pastor Jerry Cosper ~ 8

Devotional ~ Page 9

Recipes ~ Page 10

First Place 4 Health

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Continued on page two

What am I thankful for this year?

We have, without a doubt, the best staff of any organization I know.

Pat Lewis, my assistant, who brought her 93-year-old mother to live with her in August, works tirelessly to keep all of our staff on track, especially me. Pat handles all writing contracts and editing of Bible studies and books written. She keeps my calendar and helps me lead our local First Place 4 Health group, along with multiple other tasks. Pray for strength for Pat as she cares for her Mom and for her son, Terry, who also lives with her and is on dialysis due to End Stage Renal Disease.

Vicki Heath, Associate Director of FP4H, does a phenomenal job of working with our Networking Leaders and with Lisa Lewis in the planning of FP4H events throughout the year. Vicki is a certified instructor for ACE and an accomplished speaker at our events. Vicki's love for the program, its members and leaders, is evident to all who know her. Pray for Vicki as she has surgery on December 2nd, that she will heal quickly and have a speedy recovery. Pray for Vicki's husband, Rob, as they pastor Edisto Beach Baptist Church, Edisto Beach, SC. Pray for their four wonderful children as they serve God.

Lisa Lewis, Director of Events, does a fabulous job handling every detail for our many events each year. In addition to this, Lisa keeps our website current, handles the editing and mailing of our E-Newsletter and keeps up with our FP4H Fan Page on Facebook. Lisa is also the FP4H "techie" and keeps those of us who are technically-challenged up and running. Pray for Lisa and John that their home will sell soon and that John finds full-time work, which will provide insurance. John is in the construction industry, primarily home building. Pray also for their three children. Tal graduated from UT last year and plans to go to law school, Hunter is a senior and Harper is a freshman in high school.

Lisa Cramer, Director of Customer Service, works unceasingly in our office taking orders and shipping materials. She also keeps up with our inventory and works with Bob Matthews on accounting issues. In addition to that, Lisa manages our eight Houston FP4H groups, which is a huge task. Lisa also plans out and cooks all the meals for our Wellness Retreat, and shops for mountains of groceries before and during this marathon cooking week. Pray for their two grown children, Katherine and Carl and for Lisa's husband, Kent, as he searches for work in his career field of Systems Project Management.

Bob Matthews, FP4H Accountant, has been so valuable to our organization since the late 90's as a volunteer. On October 1, Bob became a full-time employee and will be instrumental in helping us grow over the years to come. Bob will handle all of our accounting needs and will work with our publisher, Gospel Light. Pray for Bob and Dee as they serve God in so many ways. Bob, Dee and their daughter, Sandy, teach a coed FP4H group at our church. Bob teaches a Sunday School class and both Bob and Dee sing in our church choir. Dee is also our FP4H Networking Leader for Houston.

Blessings in Ministry

We had three physical healings at our Wellness Retreat in October. Valonne was healed from a mass behind her sternum. Sandi's hip was healed from an ongoing problem since 2004 with her hip. Janet came with severe back pain, wearing a back brace and using a cane. She was able to walk over 22 miles during the week and left Round Top walking without the brace or cane. I'm quite sure there were emotional and spiritual healings as well, but these three physical healings have greatly buoyed my faith. Our God can do anything!

Our Hope 4 You events have been "over the top." We are so thankful for so many who work tirelessly to help the FP4H program grow and reach those who have never heard of the program.

We can hardly wait to see all God has planned for 2011, our 30th year in ministry! I hope you will check our Upcoming Events on page 4 and come see us!

Much love to you,

Carole Lewis



Leadership

Let Love Sustain You



Vicki Heath

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On Saturday, October 16, I ran the race. As many of you know, Susan G. Komen fought breast cancer with her heart, body, and soul. Throughout her diagnosis, treatments, and endless days in the hospital, she spent her time thinking of ways to make life better for other women battling breast cancer instead of worrying about her own situation.

Moved by Susan's compassion for others and commitment to making a difference, Nancy G. Brinker promised her sister that she would do everything in her power to end breast cancer. Though Susan lost her battle with the disease, her legacy lives on through the work of Susan G. Komen for the Cure®, the organization Nancy started in her honor. Komen for the Cure® is the global leader of the breast cancer movement, having invested more than \$1 billion since its inception in 1982. Komen's promise is to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures.

Motivation to Run the Race

The first time I ran in the Race for the Cure was in 1995. It was held in downtown Charleston, and my friend Vicki Curry and I ran together. I remember not being overly impressed with the crowd, maybe about 1,000. On Saturday, October 16, 2010, I ran again. As I walked towards the starting line, I was astounded at the number of



people who showed up. The announcement came over the loud speaker that at least 9,000 had registered so far! My first thought was, "What would motivate this many people to get up early on a cold October morning, drive down here and run this race?" My answer soon came.

I had arrived early for the 5K and decided to walk the one mile family fun run as a warm up. As I started my walk, I realized that I was walking on holy ground. There were children running for

their moms, husbands running for their wives and mothers and on and on. As I passed one family with a dad and three children (one toddler on his shoulders) and two little girls, they were singing the lyrics from that infamous Queen song, "We will rock you." As I got closer, I realized they were singing, "We will, we will find a cure!" I was moved beyond words and needless to say, I finished the race sobbing all the way!

Running for One Reason – Love

All the crazy, pink-clad people around me were running for one reason – LOVE. It is the strongest force in heaven and on earth to get people moving. I know people in my life who would "move heaven and earth" for me and I for them. My second thought was, "Then why don't we hang on to this motivating force and get up every day and exercise for those we love?" Why does it take losing someone or seeing someone suffer through a

Continued on page 4



horrible disease like breast cancer to get us moving? What a great question and I would love for you to think about it and answer it for me.

There are so many diseases on the rise today – obesity, heart disease, hypertension and diabetes, and they all can be fought and sometimes even cured with the simple “prescription” of exercise. Running that race that Saturday will make a difference in the fight for the cure for breast cancer. Our Lowcountry Race for the Cure raised over \$400,000 and donations are still coming in. The funds from that race will go a long way in cancer research and will help a lot of people.

The race helped me in a different way. It reminded me that the greatest demonstration of love I have ever known was when God sent his son, Jesus, as the sacrifice for my sins – for one simple reason – HE LOVES ME! John 3:16 is so familiar yet still so powerful, *For God so loved the world that he gave his only begotten son that whosoever believes in him should not perish but have eternal life.* God did move heaven and earth for me.

How about you? What is it going to take?

Get up and exercise today and let LOVE sustain you for the journey and you will lead others to do the same - and it will make a difference.

Stay Strong,

Vicki Heath

Upcoming Events in 2010

Hope 4 You ~ Texas

November 6, 2010
San Antonio, Texas
Speakers:
Carole Lewis, Director, FP4H
Becky Turner, FP4H Speaker

Hope 4 You ~ California

February 26, 2011
Roseville, CA
Speakers:
Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H

Hope 4 You ~ New York

November 13, 2010
Oswego, NY
Speakers:
Carole Lewis, National Director, FP4H
Vicki Heath, Associate Director, FP4H
Steve Reynolds, Pastor, Capital Baptist
Helen Baratta, Networking Leader- PA

Hope 4 You ~ Pennsylvania

March 26, 2011
Oakdale, PA
Speakers:
Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H

Hope 4 You ~ Mississippi

January 29, 2011
Brandon, MS
Speakers:
Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H

Weigh to Wellness for Women

April 3-8, 2011
Sandy Cove Ministries Retreat Center
North East, MD
Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
& More!

FP4H Trip to the Holy Land!

March 2-12, 2011
Gateways from Atlanta, Houston & D.C.

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



Balanced Living - Physical

Giving Thanks Even During the Hard Times



Jeannie Blocher
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My husband's Mom, Thea Blocher, just went to be with the Lord at the age of 91 after a lifetime of love for her family and friends. Roy's Dad passed away in 1980, and she has lived independently since that time, most recently in a three story townhouse where she stayed fit running up and down the stairs, gardening, and being serious about an active lifestyle. We give thanks for her life and we give thanks that death does not have a sting because we know we will see her again in heaven. We do not grieve without hope.

The story of her last weeks of life is a special one, as God used the time to work in the hearts of some family members who had not been walking with Him. So many times in my life I have been reminded to continually be praying for my 'top ten list' of special people who do not yet know the Lord. I know you all have your list, too, and if you are like me, some of the names have been on it a long time. You probably have wondered, like me, what God's timing will be to draw them to himself, and you may have told yourself "His ways are not our ways," as I have many times.

Thea's final journey began when she was rushed to the hospital with breathing difficulties in early September. We almost lost her then, but God's ways are not ours and He knew He had some 'heart-softening' to do, so she recovered and we moved her to a sub-acute nursing care center where she stayed for several weeks. The family visited constantly and some family members who were on our 'list' began to show more spiritual openness that ever before. They could see the strong faith of Roy's Mom. She knew she was going to a great reunion in heaven with her husband, her mother, her father and many others from the Blocher clan.

We almost lost her once when she was in that nursing care center, but again God had other plans and more 'softening' to do. When it became clear that Thea's heart was weakening and that she was not going to get better, we were able to move her back to her home with hospice help, and a live-in caregiver. More family members came to say their goodbyes and more spiritual openness was felt. Every day, my husband Roy sang the song "In the Garden" to his Mom and then his sister started joining him, making it a beautiful duet. Family connections continued to get closer and closer as we all shared love and concern for each other. More and more we felt the freedom to speak openly about our hope and belief in where she was going. It really was a beautiful thing. We thank God for all of this time we had together.

One evening Roy and his sister had a chance to have a conversation over dinner that was a 'divine appointment', to be sure. As he recounted it to me, I could tell that the Holy Spirit was guiding him to say many things that took her back to the beliefs of her youth, answered her questions and challenged her to re-think who Jesus is and what He has done for us. It wasn't a 'pray with me' event, but at the end of the evening, she thanked Roy sincerely and he knew that God had truly been at work.

Continued on page 6



(Jeannie Blocher - Continued from page five)

Soon after that came the day when we were sitting with Thea and we sensed the end was near. Roy’s sister asked me to read the 23rd psalm, which I did with great love for Thea. I even personalized it to encourage her that even though she would walk *through* the valley of the shadow of death, that she would not stay there, but go to the other side, and that she did not have to fear because her Shepherd would be with her, with his rod and his staff guiding her. As I was praying, Thea’s labored breath became calmer. I know she heard me. Then Roy sang “I love you Lord” and his sister told her Mom she loved her and finished by saying “Mom, it’s ok to go...and she *went* to be with the Lord. We wept and hugged, and Roy’s sister told me that she knew her Mom was in a better place, having a great reunion with her loved ones. I believe that her words reflect the work that God has been doing in her heart.

We are encouraged to see God at work in this way, even during this hard time—and we want YOU to be encouraged, too—He is working on the hearts on your ‘top ten list’, too. In His perfect time, He will draw each heart to himself. Let’s not get weary in ‘well doing’ or in praying.

We are grateful for the hope of heaven. We give thanks to God Whose ways are best.

Blessings,

Jeannie Blocher

President, Body and Soul Ministries
www.bodyandsoul.org

5 Easy Ways to Fit in 10 Minutes of Exercise

1. Do calf stretches while riding in elevators.
2. During commercials, jog or march in place. A 150-pound woman can burn up to 45 calories in five minutes.
3. When you go outside to pick up your morning newspaper, take a brisk five-minute walk up the street in one direction and back in the other.
4. If you're housebound caring for a sick child or grandchild, hop on an exercise bike or treadmill while your ailing loved one naps.
5. Try 5 to 10 minutes of jumping jacks. A 150-pound woman can burn 90 calories in one 10-minute session.

5 Easy Ways to Cut 100 Calories

1. Swap a 12-oz. glass of whole milk for skim milk. **Save 96 calories!**
2. Eat a medium orange instead of drinking 12 oz. of fresh orange juice. **Save 106 calories!**
3. Top your whole grain bagel with 1.5 oz of fat-free cream cheese instead of regular. **Save 108 calories!**
4. Enjoy a healthy 8-oz. baked potato instead of 8 oz. of French fries. **Save 104 calories!**
5. Choose a slice of thin crust pizza over thick crust pizza. **Save 106 calories!**
6. Unwrap your 13-inch tortilla wrap and make a sandwich on a 3-oz. whole grain bagel instead. **Save 96 calories!**



Lose the Bitterness and Lose The Weight

Steve Reynolds
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...forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. Colossians 3:13b

Have you considered that weight loss involves more than eating and exercising? While these are both important aspects of dieting, more is needed to be successful. We must also consider how emotions factor into this quest for change. We must bring our emotions under discipline. If you've ever tried a diet program before, you know that one of the first things discussed is emotional eating. So you eat when you're stressed – angry – excited!

Frozen Rage

One of the most detrimental emotions with regard to weight loss is bitterness. I like to call bitterness frozen rage. Bitterness is a poison that can destroy your body. It is a contributing factor to many diseases. It results in depression and a feeling that life is not worth living. Your body was not designed to house bitterness. Hebrews 12:14-15 says *Pursue peace with all people, and holiness...looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled.*

Think about it—who do you need to forgive?

At the heart of bitterness is a lack of forgiveness. Not forgiving someone drives the issue underground where it festers and grows into a “root of bitterness.” Forgiveness is not an option. It is a command: *Be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you* (Eph. 4:32). Choose to get better and not bitter.

The cost of not forgiving others and allowing a root of bitterness to grow inside you is too costly to you and to your body. You must forgive and forgive early when you have taken on an offense. Think about your own life and evaluate if an unforgiving attitude and a root of bitterness are affecting your ability to change your lifestyle so that you can lose weight.

Remember, Resentment only Punishes You

Don't use food as a medication for it. The Bible says, *Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice.* Ephesians 4:31. Obedience to this command will definitely help you to lose weight.

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 Story



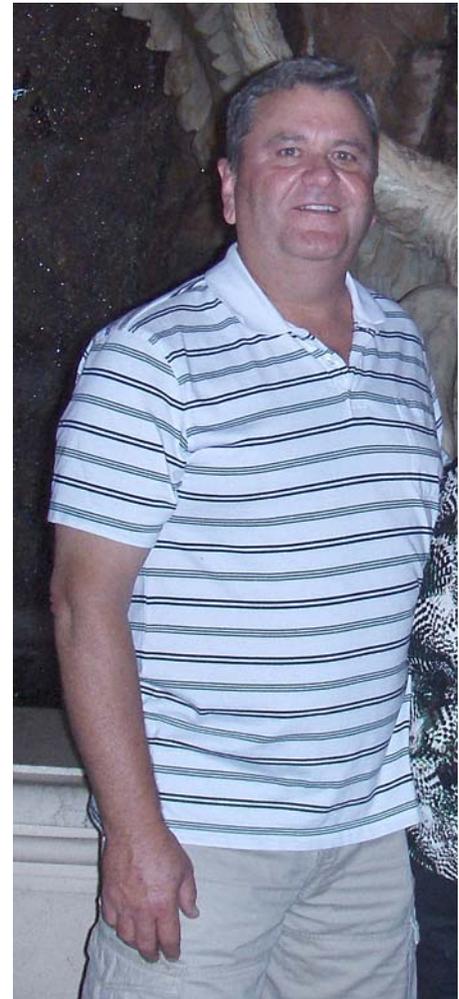
As pastor of Southeast Baptist Church in San Antonio, Texas, I have slowly, over the years, inched my way up in pounds. The potluck dinners, the low activity level, and the stresses of the ministry have all contributed to my unhealthy state. I have tried all my life to lose the weight and keep it off.

For better health reasons, I decided to join FP4H to see if it would work for me. As I began my new lifestyle to mold myself into a better emotional, mental, spiritual, and physical person, I was surprised to see the weight begin to come off. It was hard to believe that I could go through each day without being hungry and yet see the pounds drop. At the same time, I found myself becoming even more disciplined in my Bible study, devotional time, and exercise habits. Even as a pastor, I was being drawn closer to God than I had been in a long time. My stress level began dropping. I found myself having a new attitude toward the everyday strains of the ministry. I found myself repeating verses of Scripture that would help me through problem situations. Scripture memory was never my forte, but God has opened my eyes to a completely new way of honoring Him.

Now, 24.2 pounds lighter after my first 12-week session in FP4H, I have so much more energy and feel

spiritually, emotionally, and mentally stronger than I have ever been. My new lifestyle has affected the church members as well. They ask me how I am losing all the weight. I give God all the glory and tell them that without God's help I could not have done it. I have prayed that God would help me change my lifestyle so that I could become stronger in all four areas of life and He has truly been faithful to help me complete it.

This is only the beginning for me. Yes, I still need to lose at least that much more weight, but I am looking forward to continuing my closer-than-ever walk with Him. I praise him now for what I know He is going to help me accomplish.



Pastor Jerry Cosper
Southeast Baptist Church
San Antonio, Texas



Devotional

Three Cs

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe.

H E B R E W S 1 2 : 2 8

“I’m so fat.” “I can’t do anything right.” “Today is going to be another awful day.” “You-know-who always gets her way.” The dreaded three Cs—criticism, condemnation and complaint—occupy my thinking too much of the time, causing hours of discontent and emotional distress.

Just the other day, I had fallen short of my health goals. Instead of choosing to be thankful for all the progress I’d made, and the fact that I was alive and breathing, I chose to criticize myself, condemn others and complain about everything. After a short time of this negative thinking, I found myself wallowing in the pit of despair. Somehow, I remembered that no matter what’s happening right now, my future lies in a Kingdom that cannot be shaken.

God’s eternal truth is the greatest reason to choose thankfulness any day, under any circumstance. No matter what the scale says or how the stock market performs, my kingdom in Christ remains steadfast. So today is a perfect day to worship God with reverence and awe. Nothing less is acceptable in light of His love, which He so freely extends to me. When I maintain an attitude of thanksgiving and worship, I wipe the dreaded Three Cs right off my lips. Thank You, Lord!

P R A Y E R

O mighty God, You alone are holy and just. Your ways are perfect. Your goodness is unfathomable, and You alone are worthy to be praised. It is in Your Son’s name I pray. Amen.

Journal: What are some of your triggers that lead you to the Three Cs? Now, list all the things you are grateful for.

Carol Van Atta

*Taken from the First Place 4 Health Devotional Book, Living Well.
To order call 800.727.523, x1002.*



Recipes

Squash-Rice Casserole

Yield: 8 servings (serving size: 1 cup)

8 cups sliced zucchini (about 2 1/2 pounds)
 1 cup chopped onion
 1/2 cup fat-free, less-sodium chicken broth
 2 cups cooked rice
 1 cup fat-free sour cream
 1 cup shredded reduced-fat sharp cheddar cheese
 1/4 cup grated fresh Parmesan cheese, divided
 1/4 cup Italian-seasoned breadcrumbs
 1 teaspoon salt
 1/4 teaspoon black pepper
 2 large eggs, lightly beaten
 Cooking spray

Preheat oven to 350°. Combine first 3 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender. Drain; partially mash and combine zucchini mixture, rice, sour cream, cheddar cheese, 2 Tbsp Parmesan cheese, breadcrumbs, salt, pepper, & eggs in a bowl; stir gently. Spoon zucchini mixture into a 13 x 9-inch baking dish coated with cooking spray; sprinkle with 2 tbl. Parmesan cheese. Bake at 350° for 30 minutes or until bubbly. Preheat broiler. Broil 1 minute or until lightly browned.

Nutritional Information: Calories: 197 Fat: 5.5g Protein: 12.7g Carbohydrate: 24g Fiber: 1.4g Cholesterol: 65mg Iron: 1.5mg Sodium: 623mg Calcium: 209mg

Mashed Honey-Roasted Sweet Potatoes

Yield: 12 servings (serving size: 1/2 cup)

6 lbs. sweet potatoes, peeled and cut into 1-in cubes
 Cooking spray
 5 tablespoons honey, divided
 4 tablespoons unsalted butter
 3/4 teaspoon salt

Preheat oven to 375°. Place potatoes in a single layer on 2 large baking sheets coated with cooking spray. Lightly spray potatoes with cooking spray. Bake at 375° for 1 hour or until tender, stirring occasionally. Place the potatoes, 1/4 cup honey, butter, and salt in a large bowl and beat with a mixer at medium speed until smooth. Drizzle with 1 T. honey.

Nutritional Information: Calories: 140 (25% from fat) Fat: 3.9g Protein: 1.4g Carbohydrate: 26.2g Fiber: 2.4g Cholesterol: 10mg Iron: 0.4mg Sodium: 154mg Calcium: 24mg

Sweet Potato Pie with Hazelnut Streusel

Yield: 10 servings (serving size: 1 wedge)

1 (9-inch) Graham Cracker Piecrust

Filling:

1 1/2 cups mashed cooked sweet potato
 2/3 cup granulated sugar
 1/2 cup evaporated fat-free milk
 2 teaspoons vanilla extract
 1/2 teaspoon ground nutmeg
 1/4 teaspoon salt
 1/4 teaspoon ground mace
 3 large eggs

Streusel:

1/4 cup hazelnuts
 1/4 cup all-purpose flour
 1/4 cup packed dark brown sugar
 3/4 teaspoon ground cinnamon
 2 tablespoons chilled butter or margarine, cut into small pieces

Prepare and bake Graham Cracker Piecrust in a 9-inch pie plate, and cool on a wire rack. Preheat oven to 350°. To prepare filling, combine the sweet potato and the next 7 ingredients (sweet potato through eggs) in a food processor; process until smooth. Scrape sides of bowl once. Pour mixture into prepared crust. To prepare streusel, place hazelnuts on a baking sheet. Bake at 350° for 15 minutes, stirring once. Turn nuts out onto a towel. Roll up towel; rub off skins. Chop nuts. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, brown sugar, and cinnamon in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in hazelnuts. Sprinkle filling with streusel. Bake pie at 350° for 45 minutes or until set. Cool on a wire rack.

Nutritional Information: Calories: 295 (25% from fat) Fat: 8.2g Protein: 5.5g Carbohydrate: 50.2g Fiber: 2.1g Cholesterol: 76mg Iron: 1.5mg Sodium: 224mg Calcium: 76mg

FP4H Goes to the Holy Land!

MARCH 2-12, 2011



Join us on a once-in-a-lifetime adventure as we explore the places you have visualized through your imagination. We will meet you in the airport, arrange for your transportation to/from hotels and guarantee that your vacation gets off to a great start. You will have the services of a brilliant tour guide with years of experience. Experience God's country first hand and visit places that were touched in the past by Prophets, Judges, Kings, Jesus and others that altered and made history. See the Bible come to life in front of your eyes.

Walk the walls of the old city or the heights of Masada where Herod built a swimming pool and steam bath. From the Mount of Olives you will be able to take in the whole city of Jerusalem – a spectacular view.

I hope you can join us. More details below and on our website, www.firstplace4health.com, under the Events tab. If you have any questions, don't hesitate to call Lisa Lewis at 800.727.5223, x1001.

Carole Lewis

FP4H National Director

Cost: \$3200*

*Price is per person, double occupancy. \$550 single supplement

Gateways from Atlanta, Houston, or D.C.

Included:

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Not included:

- Tips
- Beverages with Meals
- Personal Items.