



Dear Ones,

I love leading my First Place 4 Health class. We just recently started a new session and we are going through the FP4H Bible study *A New Beginning*. In the first week of study the writer clearly leads us to see that belief in Jesus Christ is the beginning of a new life in Christ.

At our meeting last week, I asked members of our class to share about when they asked Jesus to come into their lives. As different ones were sharing how old they were when they made this momentous decision, one of our ladies said, "I believe this happened for me during the last twelve weeks of Bible study." She went on to say, "I always knew, but I don't believe I ever appropriated my belief into my personal life." We were all elated as this lady just began FP4H last session, and her life truly has a beginning point the day she asked Jesus Christ into her life.

I Samuel 16:7 says, *The Lord does not look at the things man looks at; man looks at the outward appearance but the Lord looks at the heart.* Because this verse is true, the Lord Jesus looks at our hearts when we join the FP4H program and He knows what needs to happen first. For some of us, emotional healing is the primary need. For others, we need a change of mind; we must begin thinking we can succeed and believing that Jesus will help us win the victory. For some, like the lady in my class, we must turn to Jesus and ask Him to come in and take over our lives.

In the FP4H Member's Guide, the physical section is included last even though weight loss is the primary reason that most people join the program. For this reason, we ask every new member to give God a year and allow Him to work in our lives in the most important area. Over the years I have seen God do just that again and again. Because He looks at the heart, He knows where change needs to begin.

Where are you today? Do you need a heart change? If this is your need, it won't matter if you lose 100 pounds, you will still not be complete. Most people believe that if they could just lose weight, all their problems would be solved. However, sometimes weight loss strips away our protective shield and uncovers a myriad of other issues.

My prayer for each of us this session is that we put first things first and that we have *a new beginning* with our Lord Jesus Christ. His plans for us are for good, not for evil. His plans are to give us a hope and a future. (Jeremiah 29:11)

Do you need a new beginning? You can begin again right here, right now. It's as easy as asking Jesus to be the Lord of your life in every area: spiritual, mental, emotional and physical.

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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Leadership

Blessings of Obedience



Vicki Heath

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Obedience brings blessings and peace; disobedience brings fear and breeds more disobedience. As I am reading in my quiet time this morning, it is once again fulfilling its purpose in my life. God speaks to me through His Word. There is a wonderful chapter in Deuteronomy 28 called “Blessings of Obedience.” It is pure joy to read! It’s full of things like , “If you fully obey the Lord your God and carefully follow all his commands I give you today...all these blessings will come upon you.” (Deuteronomy 28:1-2) Here are just some of the blessings listed:

- ♥ Blessed in the city and the country (v.3)
- ♥ Blessed by the fruit of your womb (v.4)
- ♥ Blessed in your crops (v.4)
- ♥ Blessed in your herds (v.4)
- ♥ Blessing in your basket and kneading trough (v.5)
- ♥ Blessed when you come in and blessed when you go out. (v.6)

Wow! All of this is promised to the one who is obedient to the Lord our God. I am obedient...well, most days. What the Holy Spirit used in my heart this morning was the small words included in these verses, not the outstanding word BLESSED. He used the words that were not so conspicuous— words like *fully obey* and *carefully follow*.

When I pay attention to the small things in my life and make sure they line up with God’s will and purpose for me, I am truly blessed in just about everything I do! This is exactly what He promises in His Word. When I walk with the Lord, my life is full of peace and I am assured of God’s love for me. Just the opposite happens when I am not careful.

The past two weeks I have not been careful. I have not kept my Live It Tracker carefully. I have very good excuses. All of my children were here for Easter and there was just no time for this small detail! My son got married last Tuesday and that definitely needed my full attention. I could go on and on with excuses for my carelessness.

This is the truth: God wants my full obedience; He wants my full attention to the small details in my life. The Bible tells us that if we are faithful in a few things, He will bless us with many things! (Matthew 25:23) When I am walking with him in obedience, His Peace and presence in my life is a beautiful thing!

I have not felt that this week. God has told me through His Word and through his Holy Spirit that for me to remain faithful to my wellness goals, I must keep track of my life. Jesus said very specifically in the Gospel of John vs. 9-11, *As the Father has loved me, so have I loved you. Now remain in my love. If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.*

This scripture very clearly says that He wants to bless my life and for it to be full of JOY! It’s his job to bless me and my job to be obedient.

The best way for me to do that is to journal everything I eat and do and record it on my Live it Tracker. When I am obedient in this small thing, God blesses me. As a direct result of my disobedience in this small thing, I have become fearful. I am actually afraid, for the first time in a



long time, to go to my class tomorrow night and weigh in! That is not what God wants for me. My disobedience has robbed me of my joy and in place of that, has put fear in my heart! As leaders, this creates quite a dilemma when we are supposed to be the “fearless leader.”

What’s a leader to do?

- ♥ **Confess.** I did that during my quiet time this morning.
- ♥ **Give thanks for grace and forgiveness.** I am doing that and will continue all day.
- ♥ **Write down this very minute what I am about to eat for breakfast.** Done.
- ♥ **Be honest and authentic with others about your sin.** Doing it now in a letter to you.
- ♥ **Go and sin no more!**

I will show up at my meeting tomorrow night and I will step on the scale. Regardless of the results of my sin, God has prepared my heart and He has already dealt with it. He dealt with it a long time ago on the cross. Now I am living out my sanctification. One day at a time, one pound at a time.

Vicki Heath

SUMMIT 2011

Better Together

The First Place 4 Health staff would like to invite you to Summit 2011 in Houston, Texas on July 29-30, 2011. The first Summit event in 2003 marked the beginning of what has now become the yearly trek to Houston for many from across the continent! It is two days of motivation, information and fun! All are welcome as we celebrate 30 years of ministry at Summit 2011. Here is just a sample of some of the seminars from which you may choose:

- Food Plan 101
- Food Plan 102
- Healthy Tools on the World Wide Web
- Top 10 Ways to Kill Your FP4H Group
- Grow a Happy Healthy Family
- Self Care & Emotional Eating
- Confident Communication
- How to Grow Your Group
- How to Start a FP4H Group
- Healthy Menu Planning
- Choosing to Change
- Importance of Strength Training
- Tips and Strategies for the FP4H Leader

More information available on page 12 of this newsletter or online at www.firstplace4health.com under the Events tab.



Balanced Living - Physical

Purpose Meets Passion

Genesis 1:1 *“In the beginning, GOD.”* Before our “New Beginnings,” God is already there. A FP4H member once said, “That is the story of my life. No finishes, just beginning again and again.” I was about to get caught up in the moment of sadness when the Spirit of the Lord stopped me and allowed me to view all of the diets and exercise programs I had begun. I had so many new beginnings, I couldn’t count or remember them all. I could have viewed each “new beginning” as a failure, but realized that each one was actually a learning experience, a stepping-stone to where I am today.

God has a purpose in placing us on the starting line. In each one of my new beginnings, God was already there. He has a purpose in placing us on the starting line of our beginnings. His purpose is that His children are successful in all that they do. God has a passion for us to feel successful rather than feel like a failure for having to begin again. My main purpose in a “new beginning” is to lose weight and become thin. God’s purpose and passion is that I become healthy and live a long abundant life. When we stand on the starting line of a new beginning, we need to come to the place where our purpose in being there meets the passion our Father has for our success in each new endeavor. You may say, “I know that my purpose is to exercise, but how do I become passionate for exercise?” Before you begin each day, know that God is there before you begin and look at it through God’s creative eyes. Begin each day like it is the very first day of your exercise program. Create a new day for your exercise, just as God did something new each day in the creation. At the end of each day, look at it and say just like our Father said, “It is good.”

- * **Day One:** Weight training arms and upper body. Strength training and Stretching. Walk 2 miles/cardio/ with a bit of speed (treadmill or walk outside.) *At the end of the day look at it and say, “It is Good!”*
- * **Day Two:** Strength training/abs and back/stretch plus aerobics with the First Place 4 Health Strength & Flexibility DVD or favorite exercise DVD. *End of the Day say, “It is Good!”*
- * **Day Three:** Bicycle ride 5 miles or elliptical. *It is Good!*
- * **Day Four:** Strength training/legs and lower body/stretch plus exercise video. *It is Good!*
- * **Day Five:** Longer Cardio 3 mile walk. *It is Good!*
- * **Day Six:** Play day, tennis, skate, hike, kayak, recreational activity. *It is Fun!*
- * **Day Seven:** Day of REST and reflecting. Can you say, “Whew!” *Now it is time to begin again in the morning.*

By becoming creative in your planning, your purpose in exercise will meet the passion the Father had for creating the world for us to live in. In reflecting on each day and saying it was good, you will begin to look for the positive rather than the negative. Begin looking at each day through the Father’s eyes. Remember! God is already there before we begin. Our Father thrives on our “new beginnings.”

Article from our archives written by Bev Henson, certified personal trainer. Jeannie Blocher is travelling in Istanbul and will be back next month.



Upcoming Events

Pennsylvania Area Leader's Meeting & Training

May 21, 2011
Oakdale, PA
Contact: Helen Baratta
Phone: 412.400.4644
Email: Hbaratta1@comcast.net

Mississippi Area Leader's Meeting & Training

June 18, 2011
Pearl, MS
Contact: Joyce Ainsworth
Phone: 601-825-1136
Email: glenna@netdoor.com

***Summit 2011**

July 29-30, 2011
Houston's First Baptist Church
Houston, Texas
Speakers:

Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
and many more!

***All are invited to our 30th Anniversary Celebration at Summit 2011 – leaders, members, friends, supporters.**

**Want to have an event in your area?
Give us a call to talk about:**

- * Who
- * What
- * Where
- * When

Vicki Heath: 800.727.5223, x1005

Better Together ~ Massachusetts

September 10, 2011
Attleboro, MA
Speakers:
Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
Contact: Monique Johnson
Email: FP4H_FAC@yahoo.com

Better Together ~ Illinois

September 24, 2011
Chicago Area (Elgin, IL)
Contact: Mary Chin
Email: maryschin@gmail.com

Wellness Week

October 6-13, 2011
Round Top, Texas
Speakers:
Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
and more!

Wellness Week @ Sandy Cove

(*with all new track for Pastor's & wives)
April 29 – May 4, 2012
North East, Maryland
Speakers:
Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
Steve Reynolds, Pastor – Capital Baptist
More info. coming soon!

~ ~

**For more information or to register for
any of these events, visit our website, www.firstplace4health.com**

~ ~



Where Can We Find Inspiration?

Steve Reynolds
sreynolds@capitalbaptist.org



The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. John 10:10

The first question of the Westminster Shorter Catechism confession of faith is: “What is the chief end of man?” The answer is: “To glorify God and enjoy Him forever.” If we are to glorify God, can we do it with a body given over to gluttony? The answer is no. I Corinthians 10:31 clearly states, *Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.*

So how do we come to a place where we are inspired to face this giant of a challenge in our life and begin to take steps to slay it so that we can glorify God and enjoy Him forever?

The Bible contains the inspiration we need for all of the challenges of life, including the challenge of losing weight. For me, Matthew 16:24-25 was a huge inspiration for change, *Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me. For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it.*

Deny myself, take up my cross, and follow him.

I had to realize that life wasn't going to be easy as I began to deny myself. I was going to have to lose a favorite part of my life—eating lots of food. Then I began to realize that giving up the overindulgence of food was the only way for me to find my life. That was very exciting and God gave me these verses in Matthew to encourage me. I knew I wanted to experience the fullness of life in Christ. I wanted to be a fit tool for His use. I wanted to find my life, and I found out how to do it; deny myself, take up my cross, and follow Him.

Simple to say and very difficult to do, but there's good news on that front. Philippians 4:13 says, *I can do all things through Christ who strengthens me.* Christ is so pro-life that when you set out to do something difficult like getting healthy, He's right there to help you do it.

There's a war going on over you and your body. Satan doesn't want you to succeed in weight loss or anything else that will make you effective for God. Satan is a thief who will rob you of good health. He'll do everything he can to discourage you.

I realized the thief was coming into my life through too much food and too little exercise. Satan was stealing from me and killing me with a knife, fork and ice cream spoon and I wanted to live. I wanted to receive the promise Jesus gave, the promise of life more abundantly. What I wanted was a better quality of life and a better quantity of life. I had to lose myself so that I could live. That's what inspired me—the desire to live. Now I urge you to look in the Bible and find your inspiration. (All Scripture taken from KJV)

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.



Devotional

Who Needs Old Bootstraps?

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore, I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

2 CORINTHIANS 12:9

How can I be so weak? How many times do I have to fall before I get it right? Questions like these plagued me for years—many years. As a woman who lived a very addictive lifestyle, I was familiar with failure. In fact, I was so comfortable with it that accepting a gift like God’s incredible favor and grace was difficult for me to comprehend, let alone embrace as truth in my life.

When I first read 2 Corinthians 12:9, I was more than a little surprised. God’s Word said that when I was weak (and I was, often), His power would work best in me. Wow! What an amazing statement, so contrary to what the world had taught me. We live in a society that says, “Just pull yourself up by your boot straps. Be strong!” In First Place, learning how Christ could work powerfully through me because of my shortcomings gave me something I hadn’t had in a long time—*hope*.

Now I no longer have to pretend to be strong. I can admit my mistakes, mishaps and failures, and I have a God who loves and forgives me anyway. Today is today and tomorrow is a new day, a new beginning, a fresh start. Instead of pulling up our bootstraps when we fall, we can ask for forgiveness and allow our Lord and Savior to pull us up by His grace. After all, it’s a gift—shouldn’t we accept it?

PRAYER

Lord, today I start fresh. I am ready to begin again. In my weaknesses You are strong. When I fall, You so graciously pick me up and set me on Your solid ground, again. Thank You for Your gift of grace. May I walk in Your strength and power today, one step at a time. In Jesus’ mighty name, I pray. Amen!

Journal: Reflect on the times when you believed that in order to improve you had to be strong and handle your problems all on your own. Write about a time when in your weakness God proved Himself to be strong and lifted you up to higher ground.

—Carol Van Atta

Taken from Living Well, FP4H Devotional Book. To order, visit our website, www.firstplace4health.com or call 800.727.523, x1002.



Simple Ideas for Leaders

Living healthier is serious business and putting Christ first in all things is even more serious. But knowing Christ had a wonderful sense of humor, and it's healthy to laugh and even at times, healthy to laugh at ourselves, I've made it a point to include a "lifestyle" joke at the beginning of each meeting. Some of them have been one-liners; others longer and some of them are certainly silly, but no matter what they are I always get a laugh (and occasionally groans). I can't "tell" a joke to save my life, but I can read them. These jokes have become so much a part of our meetings that when I've gotten distracted and forgotten, there's always someone to remind me. They also seem to set the tone for the rest of the meeting. After a long day at work, it's hard to drag yourself to yet another meeting, and the joke seems to help relieve stress from the daily grind. Where do I get my materials, you ask? Some of them come from clean joke books I pick up here and there, even at Christian bookstores. Most come from a "free diet jokes" or "free exercise jokes" search using Google or some other search engine.

And now for your enjoyment, here are a couple of short samples:

- * I drive way too fast to worry about cholesterol.
- * Every time I get the urge to exercise, I lie down 'til the feeling passes.
- * The only exercise I get is jumping to conclusions.
- * What runs but never gets tired? WATER

And one of my favorites...

- * After starting FP4H, I changed my drive to work so I could avoid passing the donut shop. By accident, I drove by the bakery this morning and there in the window were a host of scrumptious goodies. I felt this was no accident, so I prayed, "Lord, it's up to you – if you want me to have any of those delicious goodies, create a parking place for me directly in front of the store." Sure enough, He answered my prayer. On the eighth time around the block, there it was!!

I'm guessing you can tell by now that I'm really enjoying leading First Place 4 Health and plan on continuing for a long time. Thank you to you and the rest of the FP4H staff for the great job you've done and are doing.

In Christ,
Lee from New London, PA

We Need Your Help!

Leaders

We need your help keeping our group listings up-to-date!

- * **If you are a new leader**, would you register your group on our site? Just go to www.firstplace4health.com and click *For Leaders*. Click the button on the left that says *Register Your Group* and complete the form. After you have created your account, be sure and click *My Meetings* and then *Add a Meeting* to add the location and times of your class.
- * **Have you been leading for a while?** Can you log in to your account and make sure the dates and times of your class are current and delete any old meetings? If you have lost your login or password, just click the *Forgot?* link on the login page, enter your email address and it will send you both your login and password. Thank you so much for helping us with this! When new people look for a group on our site, we want the information to be up-to-date and accurate.

Members

Are you participating in FP4H outside of the United States? We would love to support your efforts. If you are participating as part of a group or on your own, would you give us a call or write to us? We would love to get to know you and answer any questions you may have and possibly get you connected to others in your area. If you are leading a group, we get calls all the time from those looking for a group in areas outside of the US and would like to let them know you are out there. Please write to us at yourstory@firstplace4health.com.



Walking to Haiti



*First Place 4 Health Group
Crosswinds Church, Rochester, MN*

At the Hope 4 You event in Brookings, SD in Sept 2010, Mike sat in on one of Carole's breakout sessions where she shared the idea of having a goal of tracking your exercise by "walking" to "someplace" as a group. When we returned from SD to our group in Rochester, we initiated a challenge (at the time we had 18 members and would split into two groups for bible study). We challenged each group to pick a location somewhere on the map that would be a fun location to "walk" to and that would also be an achievable goal. The members kept track of their exercise each week and then we

recorded the progress as one team "walked" toward Disney World and the other "walked" toward San Antonio, TX.

During our winter session, which started in Jan of 2011, we had a few less members so we stayed together as one group and decided to "walk" to Haiti. One of our members, Linnea Aaland, has a missionary brother in Haiti and we decided to focus on, and pray for his mission and the people of Haiti. The Sunday after we decided to "walk" to Haiti, our church announced that a team of about nine people from our church would be sent to Haiti in late April 2011 to build the first house on a 30 acre development. Coincidence? We think not! I ran right up to our pastor organizing the mission trip following the service that Sunday and shared with him about our "walk" to Haiti. This conversation sparked the idea to put on a 5k/10k walk/run and 25k bike on April 9, 2011 to raise funds for materials to be used for the construction project in Haiti. We are happy to report that just under 200 people participated in the Hope For Haiti walk/run/bike which raised over \$6000 for the materials that will be used to build the house in Haiti!

It gets even better though! Mike and one other member from our FP4H group are two of the team members headed to Haiti on April 26th!

So far, on our return trip from Haiti, we have logged 711 miles and are somewhere in the middle of the Gulf of Mexico headed your way! At the rate we are going we anticipate "arriving" in Houston sometime during the first week in May. We will then continue on toward Rochester, MN hopefully in time for our Victory Celebration the week of June 6th.

Thanks for planting the seed that has led to our trip, both figuratively and literally, to Haiti! We are so glad to report that that seed landed on fertile ground and we are excited to see just what bountiful harvest God has planned.

*Mike & Andrea Berletic
First Place 4 Health Leaders
CrossWinds Church
Rochester, MN*



**By popular demand on our Facebook page ~
6-ingredient or less recipes for quick and easy meals as we head into summer!**

Baked Pecan-Crusted Flounder

- 4 4-oz. boneless, skinless, flounder fillets, rinsed and patted dry
- 1 ½ tsp. honey
- 1 ½ tsp. prepared mustard
- ¼ tsp. sea salt
- ¼ tsp. cayenne pepper
- ¼ cup unsalted pecan pieces, toasted and finely chopped

Preheat oven to oven to 425 degrees. Line a large baking sheet with aluminum foil and coat foil with cooking spray. Place fillets on foil. In a small bowl, combine honey, mustard, sea salt, and cayenne. Brush tops of fillets with mustard mixture, dividing evenly. Dividing evenly, sprinkle pecan pieces over fillets. Spray tops of fillets with cooking spray. Bake for 12 minutes or until fish flakes easily with fork. Serves 4

Nutritional Information: 197 Calories; 1g Carbohydrates; 5g Fat; 0mg Cholesterol; 0g Fiber; .5g Protein

Tracker: 1 ½ oz.-eq meat

Squash Sauté

- 2 tsp. vegetable oil
- 1 cup diced onion
- 2 medium yellow squash, sliced
- ¼ tsp. sea salt
- ¼ tsp. black pepper

Heat oil in a large nonstick skilled on medium heat. Add onion and cook for 5 minutes or until begins to brown, stirring frequently. Add squash and cook for 4 minutes or until edges begin to brown. Add salt and pepper, stir gently. Serves 4

Nutritional Information: 53 calories; .3g fat; 0mg cholesterol; 20mg sodium; 6.7g carbohydrate; 2.2g fiber; 2.4g protein

Tracker: ½ cup vegetable

Frozen Chocolate-Covered Bananas

- 4 large bananas, peeled
- ¾ cup semisweet or bittersweet chocolate chips, melted
- ¼ cup shredded coconut
- 12 popsicle sticks

Peel 4 large ripe bananas, cut in thirds and insert a popsicle stick into the cut end of each piece. Melt ¾ cup semisweet or bittersweet chocolate chips. Cover each piece of banana with melted chocolate and sprinkle with coconut. (Reheat chocolate, as needed, to keep it melted.) Place the bananas on a baking sheet lined with parchment or wax paper and freeze until frozen, about 2 hours.

Store airtight in the freezer for up to 1 week.

Tip: To melt chocolate, microwave on medium for one minute. stir, then continue microwaving on medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted.

Nutritional Information: 100 Calories; 4g fat; 4mg cholesterol; 6g carbohydrates; 6g added sugars; 1g protein; 2g fiber; 7mg sodium

Tracker: ½ cup fruit

Have a great recipe you would like to share?

** Send it to us! **

Have a recipe you would like made lighter?

** Send it to us! **

Have a recipe you don't know how to count on your tracker?

** Send it to us! **

Send to recipes@firstplace4health.com

SUMMIT 2011

Better Together



Join us for an incredible two days of celebrating, networking, brainstorming, idea sharing, praying, learning, worshipping and so much more as we celebrate 30 years in ministry. Members, leaders, potential leaders and all those interested in obtaining practical information to guide them on their journey to health are welcome. We hope you'll join us for this 30th anniversary edition of our annual Summit event.

Who?

You can look forward to hearing from First Place 4 Health staff members and lots of guests from our 30 years in ministry!

What?

There will be many motivating and informative seminars to choose from at the summit. Look for a complete list on our website. Here's just a sample:

- ★ Food Plan 101 (beginner) & Food Plan 102 (advanced)
- ★ Grow a Happy Healthy Family
- ★ Seven Keys to Public Speaking
- ★ How to Grow Your FP4H Ministry
- ★ Meal Prep & Menu Planning
- ★ Importance of Strength Training
- ★ The Challenge of Emotional Eating
- ★ How to Start a FP4H Group

Where?

Houston's First Baptist Church, 7401 Katy Freeway, Houston, Texas 77024

When?

July 29-30, 2011. We will begin at 9:00 AM on Friday, July 29th and end at 8:00 PM that evening. We'll start again at 9:00 AM on Saturday and end at 3:00 PM.

Questions?

Go to www.firstplace4health.com and click on Events and then Leadership Summit. More information as well as registration information will be posted there in the next few weeks. You can also contact Lisa Lewis at lisa.lewis@firstplace4health.com or 800-727-5223, x1001

SUMMIT 2011

Please register me for the First Place 4 Health Leadership Summit 2011. I have filled out the information below and included the payment. **DEADLINE: JULY 11, 2011**

Mr./Miss/Mrs./Ms. _____

Phones (h) (_____) _____ (w) (_____) _____

Address _____

City, State, Zip _____

Fax # (_____) _____ Email _____ @ _____

Church Membership _____ City _____

I understand that I will not be registered until I send a check, or credit card information. Check what you are paying for and method of payment:

_____ I am registering for the Leadership Summit for \$79.00 (postmarked by 7/11/11)

_____ I am paying \$89.00 because my registration will be postmarked or faxed after July 11th.

_____ I would like to purchase a Leadership Summit T-shirt for \$10.00. (A limited amount of t-shirts in limited sizes will be available for purchase at the event. First come, first served.)

Please **circle** size: M L XL XXL XXXL

Total payment Enclosed: _____

_____ Check Check # _____

_____ Credit Card: please **circle** Visa Mastercard American Express Discover

Credit Card #: _____ Exp. Date _____ Security Code _____

Name as it appears on the card _____

Please return form and payment to:
First Place 4 Health
Attention: Summit Registrations
7025 W. Tidwell, H-101, Houston, Texas 77092
Fax: 713.462.4384