



Dear Ones,

“Call to me and I will answer you and tell you great and unsearchable things you do not know.”

Jeremiah 33:3

I knew it last night when I went to bed. I knew when I woke up at 4:00 a.m. this morning that I was going to face the music.

There’s almost a sense of calm when we decide it’s time to take a long, hard look at our life and make some changes.

When the alarm went off, I knew what I had to do after I started the coffee brewing; I pulled out the dreaded scale and stepped on it. What I saw was not pretty, but it was a starting point for me to get going again. By 4:45 a.m., I was on my way to Houston to work out. I walked three miles on the treadmill and I am now sitting at my computer in our townhouse writing my article for the June E-Newsletter.

Johnny and I have been at the bay for the last month staying in our Fifth Wheel trailer on our property. Most of you know that we had to tear down our home at the bay after Hurricane Ike and the trailer seemed like the most sensible solution for us to spend time at our beloved spot on the water.

We are enjoying our time there, but as with any change of place or routine, my schedule has gotten off track. Instead of working out two days a week with my trainer Donna, I have only been working out with her on Monday. Cooking meals has consisted of toasting a bagel, fixing a bowl of cereal, or cutting up some fruit. We have eaten out at least two meals a day for the past month.

Last week, we went to Edisto Beach, SC, for a week of vacation before going to Johnny’s Oncologist in California. The news was not what we wanted to hear. Johnny has been on chemo since February and his PSA is not coming down, so the doctor decided to stop the chemo and start a new drug that has just been approved for hormone-resistant prostate cancer.

While on Edisto Beach, I worked out every day. Vicki Heath and I rode bikes or I walked on the beach. I even went to Vicki’s Body & Soul class one day. However, when we got the dreaded news that Johnny is becoming hormone resistant, I just threw all caution to the wind and started eating everything in sight.

We have been walking this journey with prostate cancer since October 1997, so it’s not like this news was unexpected. Still, it is a jolt to hear bad news. What I want to say to you this month is that overeating never helps the problem; it only enlarges it (pun intended)!

Continued

Matthew 6:33:

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

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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, Suite H-101, Houston, TX 77092



When our last session ended, I was so pleased that I had lost ten pounds. I am sorry to say that for the last month I have not kept my Tracker and have gained weight rather than continuing to lose weight.

Today is a happy day for me because it is the day I faced the music. God has forgiven me and I have forgiven myself. Many years ago, I heard it said that “an excuse is a reason wrapped up in a lie.”

I may have reason to be concerned right now about Johnny and our future together, but everything I have neglected the last month is nothing more than an excuse for doing what I wanted to do and for not doing what I knew to do. Well, I’m back and I’m so relieved that today is going to be a great day and tomorrow will be even better.

The following story is a great illustration of what I am trying to say:

The Mayonnaise Jar

When things in your life seem almost too much to handle—when 24 hours in a day is not enough; remember the mayonnaise jar and 2 cups of coffee.

A professor stood before his philosophy class with some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and started to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured it into the jar. He shook the jar lightly and the pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else and he asked once more if the jar was full. The students responded with a unanimous YES.

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

Now, said the professor as the laughter subsided, “I want you to recognize that this jar represents your life.” The golf balls are the important things—God, family, children, health, friends, and favorite passions, things that if everything else was lost and only they remained, your life would still be full. The pebbles are the things that matter, like your job, house, and car. The sand is everything else, the small stuff.

“If you put the sand into the jar first,” he continued, “there is no room for the pebbles or the golf balls. The same goes for life.” If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. So...

Pay attention to the things that are critical to your happiness. Every day, spend time with God, play with your children, exercise, eat for good health; take time to get medical checkups and get enough sleep.

There will always be time to clean the house and fix the dripping tap. Take care of the golf balls first—the things that really matter. Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the coffee represented. The professor smiled. “I’m glad you asked” It just goes to show you that no matter how full your life may seem, there’s always room for a couple of cups of coffee with a friend.

What are the things that are filling up your life? Face the music today and prioritize the important things, the things that matter and the small stuff so that your life is filled up with the “great and unsearchable” things of God.



Leadership

Simply Satisfied



Vicki Heath

vicki.heath@firstplace4health.com

The Lord is continually teaching me through circumstances in my life. This month the teaching from the Master has been on the value of simplicity. This lesson has come in a threefold plan.

Lesson Number One: The selling of my house.

We have been engaged in what I call “very complicated living” for the past two years. We have tried to live in two houses, which mean you need two of everything—two vacuum cleaners, two sets of makeup, two toasters, and two sets of workout shoes—very complicated! Because we are fully confident in the Lord and his plan for us to live more simply, we are downsizing. We had a huge garage sale this past weekend and by faith got rid of a lot of stuff we do not need.

What is with all of this stuff? We have too much stuff! I think about the way houses are built today. How many of you grew up in a house built before the 1960's? What did the closets look like? They were really small. That's because we did not have so much stuff. Today's houses have huge walk-in closets, and children have rooms to sleep in while also having a playroom for all of their stuff. We have so much and it satisfies so little. My husband, Pastor Rob, says we suffer from “stuffitis.” To quote him:

We have bigger houses and smaller families; more conveniences, but less time; more medicine, but less wellness.

We read too little, watch too much.

We have multiplied our possessions, but reduced our values.

These are the times of steep profits, and shallow relationships.

These are the days of two incomes, but more divorce;

*Nice looking houses, but badly broken homes.
We've learned how to make a living, but not a life;
We've added years to life, not life to years.*

Jesus knew what he was talking about when he was instructing the disciples and ordered them, "Don't take anything with you on the trip except a walking stick--no bread, no beggar's bag, no money in your pockets. Wear sandals, but don't carry an extra shirt." (Mark 6:8-9 GNB) He was teaching them two things, 1) he did not want them to be distracted from the important task and 2) he wanted them to know He would take care of their needs.

Stuffitis has us by the throat. The writer of Hebrews admonishes us to "...be content with what you have..." (Heb. 13:5NIV). It seems that the more stuff I have the less grateful I am! God wants us to trust him for all things and be generous in all things. Therefore, we are to simplify our lives and *give stuff away!* Less is the opportunity for more of the really good stuff from HIM!

Lesson number two: Less really is more. My son, Michael, got married two weeks ago and we had exactly two weeks to plan the wedding. It's amazing how much *time* and *money* you do not need to plan a wedding. What I loved about the wedding was the simplicity. We had ten people; therefore, we didn't need to send invitations; we announced it at dinner. We had no technical issues to deal with. Michael and Joy got married on the beach at Edisto and our son Mark played “Come thou Fount” on his guitar as Joy walked down the sandy path. The most important part of the ceremony was really the focus of the whole thing—the vows. Since there were no distractions, the vows became the focal point. I have never seen a more sincere couple in my life! Our photographer was overcome. She said that in her



thirty years of snapping weddings she had never seen anything more precious!

Lesson Number three: Mark 6:34-43

When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things. By this time it was late in the day, so his disciples came to him. "This is a remote place," they said, "and it's already very late. Send the people away so they can go to the surrounding countryside and villages and buy themselves something to eat." But he answered, "You give them something to eat." They said to him, "That would take eight months of a man's wages! Are we to go and spend that much on bread and give it to them to eat?" "How many loaves do you have?" he asked. "Go and see." When they found out, they said, "Five—and two fish." Then Jesus directed them to have all the people sit down in groups on the green grass. So they sat down in groups of hundreds and fifties. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the

*loaves. Then he gave them to his disciples to set before the people. He also divided the two fish among them all. **They all ate and were satisfied**, and the disciples picked up twelve basketfuls of broken pieces of bread and fish.*

They were satisfied. All they had to eat was probably a piece of fish and a small piece of bread. Would we be satisfied with that in our “supersized” society? I think not. God is teaching me that less can be more if it comes from His Hand.

I want less in my life to distract me from the really important things. Things like...

...time with my family;
 ...the ability to be present for those with whom I come in contact and not be distracted by all of the apps on my phone!

I want to be satisfied with whatever He gives me or chooses not to give me.

Living with Less *and satisfied!*

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
- Out of Strength, Out of Answers
- 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

Fresh Air and Exercise



Jeannie Blocher
jeannie@bodyandsoul.org

There is a great natural bonus that happens this time of year—the weather beckons you to come outside, breathe in fresh air and get moving. It’s a good thing! I encourage you to embrace outdoor activities and spend as much time as you can breathing in the fragrances of summer while you walk, jog, bike or hike. Express your thankfulness to God for the beauty of this world and spend time appreciating the natural glory of the flowers and trees and grass. Some of us have to deal with allergies, but as our lungs get healthier with regular, consistent exercise, we can build our immunities to this.

Activate Your Core

We all know that gardening and yard care is *work*, but it is also exercise. When you need to get it done, look at it as a workout. For example, squat properly when pulling weeds; you’ll be doing a lot of “reps,” so it can be a challenge, but embrace the muscle soreness like you would after a good workout. Volunteer to be the one to push the lawnmower, and then put on your pedometer to count your steps. Stand tall in good posture and activate the muscles of your arms, shoulders and back to be strong as you do the pushing. Activate your core and breathe out through pursed lips when pushing uphill. This can be an all-body workout while you are accomplishing a task from your to-do list! Then after you’re done, sit and take a long cold drink of water, and once again express your gratefulness to God that you are strong enough and healthy enough to get the job done—with His help.

Finally, as you are planning your family vacation—make it an active one. It’s fine to take a book to read, but also pack your cross training shoes and fitness wear. Vacation is often a time when you can more easily plan to exercise each day, as the tyranny of your regular schedule is left behind at home. Be sure to include *active* family activities in your schedule, not just sitting around. Even miniature golf requires you to walk around and practice a good swing, and it is fun for all ages. (Don’t forget your pedometer!) If you are driving, choose places to stop that have an area where you can walk around. Avoid the junk food snacks by planning ahead and bringing healthy treats.

Whether at home or on a trip, it is true that we all have to intentionally plan for and choose healthy alternatives, especially in the areas of fitness and food. Pray and ask the Lord to guide you this summer. Cast all your cares on Him; He will sustain you! (Psalm 55:22)

Jeannie Blocher

President of Body & Soul Fitness



Upcoming Events

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**



I brought old health magazines to class. I divided the class into teams of four. Their instructions were to find five truths in the magazines and five lies. They were asked to explain their reasoning behind their choices.

Dee Schmidt, Wichita Kansas



Inspired to Leave a Legacy

Steve Reynolds
sreynolds@capitalbaptist.org



For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body, according to what he has done, whether good or bad. II Corinthians 5:10

Recognizing young people need the guidance of their parents and grandparents, I came to the conclusion that I want to be on earth as long as I can. I want to be an influence in the lives of my children and I want to be around to see my grandchildren born. I also want them to see me eating a healthy diet, exercising and taking care of my body. I want to be a good example to them.

I don't know what might happen in the future with the church I pastor. I don't know what my legacy will be at the church. That's up to God. I am most concerned, however, about the legacy I'm leaving my children and I want it to be a positive one. What am I teaching them about food, dedication, discipline and denial? What kind of example am I setting for them? In the past, I did not set a good example for them. I was not leaving them a legacy of health. But now I can answer the question positively, knowing that I've taken the steps needed to have a Bod4God.

I also realize that one day we are all going to stand before God and give an account of our lives. Romans 14:10-12 says, *But why do you judge your brother? Or why do you show contempt for your brother? For we shall all stand before the judgment of Christ. For it is written: "As I live, says the LORD, every knee shall bow to Me, and every tongue shall confess to God." So then each of us shall give an account of himself to God.*

The big things for which we will give an account include:

- Our time. We all have the same amount of time (24 hours in a day), and we will have to answer to God for how we used our time.
- Our talents. What did we do with the talents God gave us?
- Our treasure. We'll have to answer to God about our money and how we used it.
- Our temple. What we did with our body. When God shines His light on our time, talents and treasure, He will also look at how we took care of our temple.

What kind of legacy will you leave? Will you be ready to give an account to God?

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

Super-size That

You my brothers were called to be free. But do not use your freedom to indulge the sinful nature, rather, serve one another in love.

Galatians 5:13

How “Would you like to super-size that?” are words that can cause panic. The old nature screams “Yes, and hurry,” as the new nature urges you to pretend you didn’t hear and to drive away quickly. Who wins? Is it the old sinful nature or the new exasperated nature?

Every day is a battle. The temptation of the food industry and the desire to make healthy choices is a constant struggle within. Most of us have the luxury of well-fed bodies. But our spirits are starving. That unsatisfied feeling in us is the new nature craving its turn to be fed with the word of God.

Think about it. Who loves you more? Who will not lie to you—the billion dollar food industry that deceives us with colorful packing and promising advertising, or God—who loves us so much that He gives us the freedom to choose?

Feeding our new nature isn’t difficult if we do not give in to the sinful desires of the old, sinful nature. Eating without planning, spur of the moment food shopping, and habit eating are all ways of giving control back to the old nature. One cookie leads to two, then three and soon the package is half empty. The old nature is happy, but not content. The new nature whispers “What about me?” Guilt arrives and we finish off the cookies. It’s okay to have a cookie; however, when you reach for another, grab a Scripture verse. You can have as many helpings of God’s word as you desire.

Yes. Super-size when it comes to feeding the spirit. As you grow inside and learn of God’s will for your life, you will make wise choices. The outside results will be amazing.

Action Item: Love your new nature and others enough to stop urging second helpings. I know you’re a fantastic cook, but be a fantastic friend to yourself and others by serving “spirit food,” Tuck a Scripture verse in the napkin or on the plate with the smaller slices of chocolate birthday cake. Your family and guests will leave the table feeling fully satisfied and comforted.

Linda D. Derck
Shamokin, Pennsylvania

Taken from Better Together, New FP4H Devotional Book releasing in July. To preorder, visit our website, www.firstplace4health.com or call 800.727.523, x1002.



Success Story



*Roseanne Day
Granbury, TX*

My story is about a never ending hunger, a need that I had for over 40 years prior to finding the First Place 4 Health program in early 2010. I am a workaholic, control freak, perfectionist and food lover. Is there anyone reading this that can relate?

I can remember my first embarrassing weigh-in experience. I was about 12 years old and we had to weigh at school. Our weights were announced, as we got on the scale for all to hear. I was 5'2" and weighed 120 pounds, while the other girls were all less than 100 pounds. Shortly after that, my first diet was grapefruit, boiled egg and black coffee for 2 weeks. I lost 10 pounds, but then gained 15 pounds over the next month.

The vicious cycle of the next 40 years had begun. I tried Atkins, diet pills, shots, Medifast, South Beach—you name it, I tried it. My willpower would only last so

long, a week, a month, and even over a year. I could lose weight, but once I got off the "diet," I would go back to my old ways and gain more than I had weighed before the diet. I have lost 50+, 100+, and 145+ pounds at various times in my adult life. There was always this hunger—an emptiness, which could never be satisfied until I found the First Place 4 Health program.

In early 2010, I had been on Weight Watchers for over one year and had lost about 110 pounds, but found that I was struggling with balance in my life. I was looking for a church home and went to a Sunday morning service at the First Baptist Church of Granbury in January 2010. The church program minister shared that a First Place 4 Health 12-week session was beginning that afternoon and encouraged members to sign up and attend. I was not familiar with First Place 4 Health, but liked the focus on balance and health, not just weight loss. I went to the meeting that Sunday afternoon and realized my journey could be God-powered. I now know that it was the spiritual need I had for Christ to be my GPS (God-Powered System) for my healthy journey to a balanced lifestyle that had been missing in my previous weight loss attempts.

My hopelessness has been replaced with hope. Since joining First Place 4 Health that day, I have lost an additional 100 pounds and achieved my goal weight. I learned that gluttony is a sin against God. I am God's temple and the devil wants me to fail. Before joining the First Place 4 Health program, I would tell myself that I am not breaking any laws or hurting anyone. Isn't denial a funny thing? I was killing myself for 40 years with unhealthy foods and lifestyle choices. How could I really expect to perform at my best if I ate excessively and put junk food into my body all the time? I am still trying to forgive myself. I now accept responsibility for my choices and know that God gave me free will; it is up to me to make healthy choices.

For me it's about Progress, not Perfection. My GPS is about the "P"s—Program, Priority, Participation, Planning, Prayer, Preparation, Patience, Praise and Practice. My continued journey with my GPS will have bumps, detours and wrong turns. I know that when I listen to my GPS that He will re-position me and keep me on the road to live a balanced healthy life. I am truly blessed through the First Place 4 Health program. You can be too.

Read more inspirational stories like Roseanne's in our new book, *Better Together*, releasing next month. To order, visit our online store at www.firstplace4health.com.





Quick & Easy Summer Recipes!

Berry Yogurt Frozen Pie

Graham cracker crust:

- 1 1/2 cups finely ground graham crackers
- 2 tbsp. sugar
- 3 tbsp. honey
- 3 tbsp. light margarine, melted
- 1 1/2 tbsp. fat-free half-and-half or low-fat milk
- 1/2 teaspoon ground cinnamon

Filling:

- 2 8-ounce tubs of berry-flavored low-fat yogurt
- 3 cups light whipped topping
- 1 1/2 cups finely chopped strawberries, or unchopped raspberries or blackberries
- 8 whole strawberries, for garnish

Mix graham cracker crumbs, sugar, honey, melted butter, and cinnamon (if desired) until well blended. Press mixture into 9-inch pie plate; set aside. Mix yogurt, by hand, with the light whipped topping in a large mixing bowl. Gently stir in the berries by hand.

Spoon the yogurt mixture into the graham cracker crust. Freeze until firm (overnight, or at least 4 hours). Remove from the freezer and top each serving with a fresh strawberry (or small spoonful of berries) if desired. Serves 8

Nutritional Information: 225 calories, 3.5 g protein, 39 g carbohydrate, 7 g fat, 4.6 g saturated fat, 8 mg cholesterol, 1.5 g fiber, 159 mg sodium.

Tracker: 1 oz-eq. grain, 1/4 cup milk, 1/2 cup fruit

Sugar Snap Peas

- 1/2 pound sugar snap peas
- 2 teaspoon olive oil
- 1 tablespoon chopped shallots
- 1/2 teaspoon Italian seasoning
- Salt to taste (optional)

Preheat oven to 450 degrees. Place snap peas in a single layer in a 9 x 9-inch square or round baking dish. Drizzle olive oil over the top of the snap peas and toss to coat the beans.

Sprinkle the shallots, Italian seasoning and salt (if desired). Bake until tender but still firm (6-8 minutes). Serves 4

Nutritional Information: 48 calories, 1.5 g protein, 5.5 g carbohydrate, 2.3 g fat, 0.3 g saturated fat, 0 mg cholesterol, 2 g fiber, 2 mg sodium. Calories from fat: 42%.

Summer Peach & Tomato Salad

- 1/4 cup thinly sliced red onion
- 1/2 pound ripe peaches, pitted and cut into wedges
- 1/4 pound tomato wedges
- 1/4 pound cherry tomatoes
- 1 1/2 tsp. extra-virgin olive oil
- 1 tsp. honey
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 1/4 cup crumbled feta cheese
- 2 tablespoons small basil leaves

Combine first 4 ingredients in large bowl. Combine vinegar, olive oil, honey, salt, and pepper in a small bowl, stirring with a whisk. Drizzle vinegar mixture over peach mixture; toss well to coat. Sprinkle with cheese and basil.

Nutritional Information: 75 Calories, 3.5g Fat, 2.1g Protein, 9.9g Carbohydrate, 1.7g Fiber, 6mg Cholesterol, .4mg Iron, 156mg Sodium

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
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