



## *Dear Ones,*

**Psalm 31:14 "But I trust in you. O Lord; I say, "You are my God."  
My times are in your hands."**

Our grandson, Hunter, had just graduated from High School and all the family was at the bay celebrating his great achievement. There were at least 15 of us on our pier just sitting around enjoying our time together. Our granddaughter, Christen, and her dad, Jeff, were fishing and I was swinging on one of the porch swings. I heard someone say, "Christen caught a fish!" As I leaned forward to see the fish, the porch swing slipped out from under me. As I stepped back to position the swing under me once more, I somehow stepped right off the pier and found myself in the water.

I came up holding up my arm because I had on my watch. The water was over my head so I was treading water, trying to get to the side to give my watch to someone on the pier. When the watch was safely in our son John's hands and I was paddling over to retrieve my flip flops, I heard someone say, "Do you have your cell phone in your pocket?" I was so concerned about the watch that I didn't even think about my brand new, two week-old iPhone in my left pocket and the fob that starts my car in my right pocket!

I retrieved the phone and the fob and after handing them over to someone on the pier, I went to retrieve my shoes. I am sad to report that the phone died a quick death and did not suffer much. It got very, very hot while I was lovingly holding it, and then quickly cooled off never to work again.

You might wonder why I am telling you this story and what could the purpose possibly be? Well, it's a great story (Had to be there to get the full effect.), but several things came to me as I was later pondering what happened and all I had to be thankful for.

- First, and foremost, I was not injured by the fall. I had to believe that my angel, a friend once named Brutus, must have grabbed the porch swing to keep it from hitting me in the head. I still can't figure out where that swing was when I backed off the pier! When I told my trainer, Donna, what had happened, she said that I wasn't injured because I have become physically strong while working with her on lifting weights for the last one and a half years.
- We have a wonderful family who sprang into action. One took my watch, while another ran for a ladder. Our daughter Lisa went to my car to check the fob, which was still working. After it was all over, our grandson Tal said, "I was just this close to jumping in, but it looked like you were OK." He said it with a mischievous grin so I'm not sure he was serious.

### **Matthew 6:33:**

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

### *Dear Ones*

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## **First Place 4 Health**

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- The phone was an entirely different matter. It was only two weeks old and I had signed a two-year contract when I bought it. I knew that getting a new one was not going to be as easy or as cheap. The only phone I have at the bay is my cell phone so going without was not an option. When something like this happens, our inclination is to put off the inevitable so we can beat ourselves up for our stupidity. This was not possible, so bright and early Monday morning I was at the phone store when it opened to buy my second iPhone in two weeks! What could I be thankful for in this? Well, I have a job and even though the cost hurt badly, I did have the money to buy a new phone. I was also thankful that I had not lost all my numbers and contacts when the phone died.

Might there be something going on in your life right now that needs a perspective adjustment? Maybe your husband has been remodeling your kitchen for the last six months and it doesn't look like it will be finished any time soon. Are you keeping your Mother's dog for the tenth time this year? Has your toddler drawn pictures all over your freshly-painted wall?

There are some things that happen to us that are just plain part of living this life we have been gloriously given. What can you thank God for in your present situation? I know if you think about it for a while, your whole perspective will be different than when you started!

This is the only life you and I will ever have, so we need to cherish each and every situation that comes our way. Some of these situations seem really awful right now, but in years to come they will be sweet memories of God's faithfulness to see us through.

*Carole Lewis*

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# SUMMIT 2011

## Better Together

**This month!! You don't want to miss these 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
- 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

**Only \$79 for two days of programming, lunch and dinner on Friday and lunch on Saturday morning. We'll also have a cake tasting and Q& A with the staff on Saturday afternoon.**

*More information available on page 12 of this newsletter or online at [www.firstplace4health.com](http://www.firstplace4health.com) under the Events tab.*



## Lives Changed and Pounds Lost

**Vicki Heath**

vicki.heath@firstplace4health.com



It was 1981, and I was a young mom with a one-year old living in New Orleans. Rob and I were in our final year of seminary. We lived in a cute two-bedroom apartment on Lipsey Street on the seminary campus. I was probably in the best shape of my life – pushing Megan in the stroller every day and eating good quality foods since I had been nursing all year. The number one song at the time was Don't Stop Believin' by Journey, most popular television series—“Dallas,” number one movie was “Chariots of Fire,” and Katherine Hepburn stole our hearts with *Listen to me, mister. You're my knight in shining armor. Don't you forget it. You're going to get back on that horse, and I'm going to be right behind you, holding on tight, and away we're gonna' go, go, go!* in “On Golden Pond.”

The Los Angeles Dodgers won the World Series and the Raiders the Super Bowl. It was a great year for California! The Boston Celtics were the NBA champs and John McEnroe and Chrissy Everet won Wimbledon. The Clemson Tigers were the NCAA football champs. The quote of the year was, *You can tell a lot about a fellow's character by his way of eating jellybeans* by President Ronald Reagan. TV commercials were dominated by “Betcha' can't eat just one”—Lay's Potato Chips. There was a new disease on the scene – bulimia.

All these things are great to remember, but none had the impact on my life as what was happening in Houston, Texas in 1981. A group of 12 Christ-committed women at [Houston's First Baptist Church](#) (HFBC) met and prayed that God would give them a program that would meet the health and wellness needs of believers in that body. They decided that if

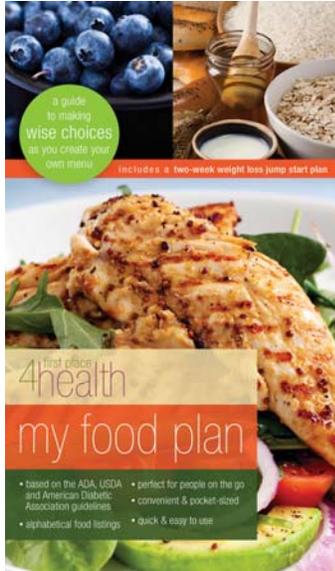
God could help them in all the other areas of their life, He could help with weight loss. In March, the initial First Place orientation was held at HFBC. Fast forward 12 years and three more children. It's now 1993. Whitney Houston's “I Will Always Love You” is the number one hit song and “Jurassic Park” is the most popular movie of the year. The Canadians win the World Series and the Dallas Cowboys take home the Super Bowl trophy—and I am overweight and depressed. By accident (Yeah, right!), I hear about a faith-based weight loss program that is helping people in churches all over the country. Not wanting anyone to know that I am trying one more time to fail, I go under the radar and find out what I can about the program. I sign up to attend a training workshop in Ocala, Florida and bring one trusted friend with me. That weekend was the beginning of a whole new way of wellness for me. From the inside out, God started His transforming work in me and finally, I was ready to cooperate. It's now been 18 years of consistently living a lifestyle that brings glory to God through this body. I don't have it all down perfectly, but that is the beauty of First Place 4 Health – success is in the process.

Now July 2011, at least 40 Bible studies later and 20 pounds lighter, I want to say thank you to the original 12 committed men and women who had the vision and faith to start First Place 4 Health, and thank you to all you leaders who have over the past 30 years been part of leading others to wellness through First Place 4 Health. May the next 30 years be even better ... lives changed and pounds lost for Him.

*Vicki Heath*



## We Heard You!



You asked for help tracking your foods. *“Where can we get a food list like we used to have on the old exchange program?”*

Due out this month...

### **My Food Plan Booklet, ISBN 08307.59719**

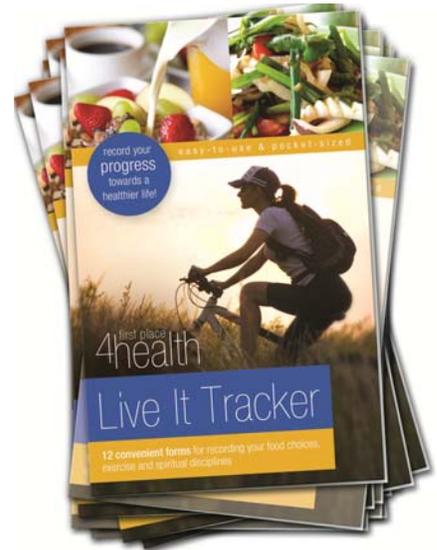
This handy resource provides up-to-date calorie and Live It Tracker information for many common foods in addition to recommended serving sizes to help you manage your portions. Foods are listed in alphabetical order, making information easy to access on the go, whether you're at the supermarket or out to eat. You'll also find a two-week weight loss jump start plan with menus, shopping lists and recipes to get you started right on your pursuit of a balanced diet. If you're ready to change, *My Food Plan* brings healthy food choice within reach!

You asked for a sturdier, expanded Live It Tracker that you can carry in your pocket, purse or glove compartment. *“I miss the old Live It Trackers on card stock that folded up...”*

Due out this month...

### **Live It Tracker Packs, ISBN 08307.59743**

This package of 12 *Live It Trackers* provides First Place 4 Health members with an easy-to-carry set of forms for recording their activities that lead to a healthy, balanced lifestyle. These *Live It Trackers* have space for entering each day's food choices, exercise and spiritual activities. Printed on heavy cardstock.



**We do appreciate your comments and suggestions. Keep them coming! Send them to [lisa.lewis@firstplace4health.com](mailto:lisa.lewis@firstplace4health.com).**

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## Balanced Living - Physical

### Fun & Fitness in the Water

**Jeannie Blocher**  
jeannie@bodyandsoul.org



This is the time of year when we all want to be outside and when the days are hot, we want to be near the water—any body of water! People of all generations love the ocean, the lake, streams, rivers and the local pool. Have you ever watched kids in the water? When you put kids and water together, something magical happens. You don't have to tell them to be 'active.' You don't have to call it 'exercise.' They naturally, automatically jump, splash and play around filled with the joy of being cool and wet on a hot day. They climb out, jump in and whirl around again and again. You get the picture—this is natural exercise, not forced, planned or agonized over.

The Bible tells us in Matthew 18:3-4

**“I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven.”**

This can be applied to many things, and I think it clearly pertains to this case. We need to humble ourselves, stop worrying about what we look like in a bathing suit, and simply jump in the water. We need to be filled with the innocent joy of a child as we enjoy the beautiful water world that God has created. We need to jump, swim and play—yes play, in the water this summer. Swim laps at the local pool if you like, do some diving, try riding waves on a boogie board, water ski, hike to a mountain lake—do what works for you! Become like a little child and just splash, jump and play. I promise you that in the process you will be burning calories!

Wishing you health and joy,

***Jeannie Blocher***

President of Body & Soul Fitness



## Upcoming Events

### 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 30<sup>th</sup> Anniversary Celebration at Summit 2011 – leaders, members, friends, supporters.**

### 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

Contact: Lisa Lewis

Email: lisa.lewis@firstplace4health.com

**For more information or to register for any of these events, visit our website, [www.firstplace4health.com](http://www.firstplace4health.com)**

## ★ Simple Ideas for Leaders ★

For the bible study *A New Beginning*, I created a "sword drill," which is a type of quiz. I typed each of the 10 Scripture verses for the session, leaving out key words for members to fill in. Each week, I quiz them on verses learned previously in the session and the current verse. For example, for Week 3, I would only quiz them on the first two verses (since there is no verse for the first meeting). I would only print out those two verses for them for fill in. The member with the most correct fill-ins wins a small prize. I give a bigger prize at the end of the session when I quiz them on all 10 verses. *Desiree Glass*

### Sword Drill – A New Beginning Sample

1. Therefore, if \_\_\_\_\_ is in \_\_\_\_\_, he is a \_\_\_\_\_; the \_\_\_\_\_ has \_\_\_\_\_, the \_\_\_\_\_ has \_\_\_\_\_! **2 Corinthians 5:17**
2. And we \_\_\_\_\_ that in \_\_\_\_\_ God \_\_\_\_\_ for the \_\_\_\_\_ of \_\_\_\_\_ who \_\_\_\_\_ him, who have been \_\_\_\_\_ to his \_\_\_\_\_. **Romans 8:28**



## Don't Be Discouraged

Steve Reynolds  
sreynolds@capitalbaptist.org



*And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. Galatians 6:9 (NKJV)*

One of the biggest reasons people set out to lose weight, but fail, is because they have unrealistic goals for weight loss. Of course, magazines and television, weight loss camps and a host of other unrealistic information cause us to believe that you set out to lose weight and it just falls off. You've probably discovered it's not true. And when we don't reach the unrealistic goals we've set, we become discouraged and reach for the chips and dip to dull our discouragement.

We have to get real. Even if we lose weight, most of us are not going to look like the models in magazines or even the people in weight-loss ads. First of all, those images have probably been computer enhanced and you wouldn't recognize the models if you met them on the street. So let's set some realistic goals about how we will look when we lose weight. We have to learn to accept our bodies. When you lose weight, you won't suddenly have blue eyes and curly hair—unless that's what you had before you lost weight. You probably won't have fabulous six-pack abs even if you exercise a lot. But you will look better than you did in your overweight condition and you will definitely feel better. So get real about what losing weight is going to do for you.

Here are some things to keep in mind when you are trying to reach a weight goal:

- A good goal is 1-2 pounds per week.
- If you step on the scale and see no weight loss (or perhaps only a little), remember that it took you a while to gain all this weight and it will take time to lose it. It will happen if you stick to your goal of creating a Bod4God lifestyle.
- Take a look back and see how far you've already come. And remember that even if you are not losing weight this week—if you're not gaining, you're making progress.
- If you miss exercise one day or eat something you know will not help you reach your goal, get back on track the next day or the next time you eat.
- Spend a few minutes remembering that a worthwhile payoff lies ahead. You will be an improved you.
- Remember all the benefits of exercise over and above weight loss: such as the fact it improves mood, combats chronic disease, helps manage weight, strengthens the heart and lungs and promotes better sleep.

A healthy lifestyle involves a lot of spiritual warfare. Your enemy, Satan, does not want you to succeed in your weight loss. Discouragement is one of the most common strategies he will use to defeat you. Keep this in mind as you move forward to a better and healthier you.

**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

### Paving the Road with Patience

*A patient man has great understanding, but a quick-tempered man displays folly.*  
**Proverbs 14:29**

I could barely see beyond my rain-splattered windshield. Thankfully, I managed, with the wipers on high speed, to locate my exit. Letting out a sigh of relief, I prepared for the final leg of my journey home following a long day at work—a stressful day, to put it mildly. Just as I merged onto the off ramp, another vehicle sped by, cut in front of me, and headed up the ramp, only to slam on his brakes and skid to a stop before redirecting his car back onto the freeway. To make matters worse, he performed a certain, unacceptable hand “gesture” as he raced away into the stormy night.

Shocked, and more than a little dismayed, I analyzed my choices:

1. I could tear off and follow him in a radical display of road rage.
2. I could yell not-so-nice things about him the rest of the way home.
3. I could choose to pray and behave in a patient and kind manner regardless of the fact that no one was watching.

Honestly, I started with number two before remembering that I did indeed have an audience — of One. This particular “audience” was the One that mattered most. My Savior had a front row seat to my actions. He could hear my words. He knew my heart. I realized right then that ranting and raving in my car at a driver already a mile down the road was just plain foolish. I could follow my Lord’s example or act as ridiculous as the stranger with whom I was angry. Thankfully, I stopped my fuming and instead, prayed for God to protect this person as he drove away so recklessly, and in the end I made it home in one piece with a sense of peace that comes from exercising patience. Patience is possible. Remember, no matter what the circumstance, practice patience and experience peace. We’re foolish not to!

**Prayer:** Dear Lord, Your Word instructs me to avoid folly, and instead make wise decisions in my daily life. One wise choice that will help me avoid foolishness is practicing patience. It may not be easy, but with Your help, it is possible.

**Action Item:** Take a moment to remember the last time you lost your patience and the choice resulted in foolish actions or words on your part. What could you have done differently? Commit to choosing wisely when future opportunities arise.

Carol Van Atta  
Troutdale, OR

*Taken from Better Together, New FP4H Devotional Book releasing in this month. To preorder, visit our website, [www.firstplace4health.com](http://www.firstplace4health.com) or call 800.727.523, x1002.*



## Success Story

### The Big Ride Across America

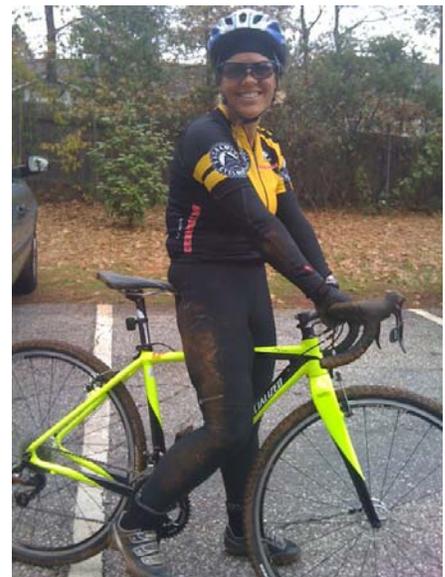


*Jessica Tanihana*  
*Roseville, CA*

You may have seen Jessica Tanihana speak at the First Place 4 Health Hope 4 You event in California. You may have seen her success story on the First Place 4 Health website or in the newsletter. Now you can see her on her bike as she rides across America – literally! Jessica pedaled out of Seattle on June 20<sup>th</sup> on a bicycle heading to Washington, D.C. She's riding in the Big Ride Across America benefitting the American Lung Association.

The Big Ride Across America will last 48 days total with 40 days of cycling and eight days of rest. From its start, the route rolls into Idaho. It will take eight days to cross Montana. From there, the group rides into northern Wyoming and then dips into South

Dakota. Tanihana plans a rendezvous with her sister in Rapid City. The ride continues through South Dakota for six days and then into Minnesota, followed by Wisconsin. Then, it's into Illinois, Indiana, Ohio and Pennsylvania with a scheduled Aug. 6 arrival in Washington, D.C. The cyclists will average 87 miles a day.



*It's an opportunity for me, much like a missionary or monk, to have some quiet time, do some soul searching, enjoy the splendor of this amazing country we live in," she said. "I get to see almost a quarter of the states, and I get to do it at 16 miles per hour. I get to take in Sandusky, Ohio, at a slow pace, get to meet people along the way, moo at cows if I feel compelled to moo at cows.*

**Encouragement from her FP4H family** ~ If you would like to write Jessica words of encouragement along the way, you can send them to the following mail drops:

Day 19 - Friday, July 08, 2011: Rapid City Main Office, 500 East Blvd, Rapid City, SD 57701

Day 26 - Friday, July 15, 2011: New Ulm Main Office, 27 S German St, New Ulm, MN 56073

Day 31 - Wednesday, July 20, 2011: Madison University Station Office, 441 N Lake St, Madison, WI 53715

Day 39 - Thursday, July 28, 2011: Burton Main Office, 14519 N Cheshire St, Burton, OH 44021

Day 45 - Wednesday, August 03, 2011: Gettysburg Main Office, 115 Buford Ave, Gettysburg, PA 17325

Sample address below:

Big Ride 2011

(Rider's Name)

General Delivery - Gettysburg Main Office

115 Buford Ave

Gettysburg, PA 17325

If you would like to read more about Jessica, go here: [http://www.firstplace4health.com/stories/109/jessica\\_tanihana](http://www.firstplace4health.com/stories/109/jessica_tanihana)

If you would like to see her route (or greet her along the way!) go here:

[http://www.cleanairadventures.org/big\\_ride\\_across\\_america/route\\_map.html](http://www.cleanairadventures.org/big_ride_across_america/route_map.html)



## Budget-Friendly Quick & Easy Summer Recipes!

### Cool Watermelon Bites

- 3 cups small cubes seedless watermelon
- 6 fresh mint leaves, chopped
- 1 lime, cut into thin wedges
- 2 mangos, peeled and chopped
- 1 tablespoon lime juice
- 1 tablespoon honey

Combine watermelon cube and mint leaves in bowl. Scoop equal servings of tablespoons of melon cube mixture into 6 small glasses or mini cups. Cover with plastic wrap until ready to use. Combine chopped mango, lime juice and honey in a blender. Puree 30 second or until smooth. Pour mango sauce in a small bowl and cover. Refrigerate until ready to use. Drizzle watermelon cubes with mango sauce. Serve. Serves 6.

*Nutritional Information: 50 calories, 0g Fat, 0mg Sodium, 10g Carbohydrates, 0g Protein*

*Tracker: 1/2 fruit*

### Five-Spice Tilapia

- 1 pound tilapia fillets
- 1 tsp. five-spice powder (find in Asian section)
- 1/4 cup reduced-sodium soy sauce
- 3 tablespoons light brown sugar
- 1 tablespoon canola oil
- 3 scallions, thinly sliced

Sprinkle both sides of tilapia fillets with five-spice powder. Combine soy sauce and brown sugar in a small bowl. Heat oil in a large nonstick skillet over medium-high heat. Add the tilapia and cook until the outer edges are opaque, about 2 minutes. Reduce heat to medium, turn the fish over, stir the soy mixture, and pour into the pan. Bring the sauce to a boil and cook until the fish is cooked through and the sauce has thickened slightly, about 2 minutes more. Add scallions and remove from the heat. Serve the fish drizzled with the pan sauce.

*Nutritional Information: 180 Calories, 6g Fat, 57mg Cholesterol, 596mg Sodium, 9g Carbohydrate, 24g Protein*

*Tracker: 4 oz.-eq meat*

### Blueberry & Chicken Pasta

- 1 pound boneless, skinless chicken breast
- 8 ounces whole-wheat fusilli
- 3 tablespoons extra-virgin olive oil
- 1 large shallot
- 1/3 cup reduced-sodium chicken broth
- 1/3 cup crumbled feta cheese
- 3 tablespoons lime juice
- 1 cup fresh blueberries
- 1 tablespoon chopped fresh thyme
- 1 teaspoon freshly grated lime zest
- 1/4 teaspoon salt

Place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size strips.

Bring a large pot of water to a boil. Cook pasta until just tender, about 9 minutes or according to package directions. Drain. Place in a large bowl. Meanwhile, place oil and shallot in a small skillet and cook over medium-low heat, stirring occasionally, until softened and just beginning to brown, 2 to 5 minutes. Add broth, feta and lime juice and cook, stirring occasionally, until the feta begins to melt, 1 to 2 minutes.

Add the chicken to the bowl with the pasta. Add the dressing, blueberries, thyme, lime zest and salt and toss until combined. Serves 4.

*Nutritional Information: 315 Calories, 11g Fat, 49mg Cholesterol, 238mg Sodium, 33g Carbohydrates, 23g Protein*

*Tracker: 4 oz.-eq. meat, 1/4 cup milk, 1/4 fruit*

# SUMMIT 2011

## Better Together



30<sup>th</sup> Anniversary Edition

Don't miss this 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 30<sup>th</sup> 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 29<sup>th</sup> 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](http://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](mailto: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 11<sup>th</sup>.

\_\_\_\_\_ 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