



Supersimple Switches that Cut Calories

The most effective weight-loss strategy doesn't require you to abandon the foods you love, just make a few supersimple switches. Do that and you'll trade diets and weight fluctuations for healthy eating patterns and a healthier you. Who wouldn't make that switch?



- Make your sandwich open-faced. (Save 100 calories.)
- Top 8 crackers with one cup of apple slices, instead of cheese. (Save 100 calories.)
- Choose a fresh spring roll instead of a fried egg roll. (Save 100 calories.)
- Eat chocolate sorbet instead of chocolate ice cream. (Save 140 calories per ½ cup.)
- Skip the crust on apple pie. (Save 100

calories.)

- Swap pepperoni on your pizza for veggies, such as fresh tomatoes and peppers. (Save 100 calories per two slices.)
- Use a 6-inch flour tortilla instead of a 10-inch on your next burrito. (Save 120 calories.)
- Eat a whole wheat English muffin at breakfast instead of a bagel. (Save 150 Calories.)
- Leave 10 French fries on your plate. (Save 100 Calories.)

No-sweat Calorie Burn

- Work in your garden for 25 minutes. (100 Calorie Burn)
- Shoot pool or play darts for 35 minutes. (100 Calorie Burn)
- Play fetch with your dog for 35 minutes. (100 Calorie Burn)
- Play a 35-minute round of putt-putt golf. (180 Calorie Burn)
- Jump rope for 10 minutes. (100 Calorie Burn)
- Walk for 20 minutes with a buddy. (100 Calorie Burn)



Matthew 6:33: But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Supersimple Switches
~ Page 1

No-sweat Calorie Burn
~ Page 1

Leading from High Places ~
Vicki Heath
~ Page 2

Success Story
~ Page 4

Watching God Grow a Group
~ *A Leader's View*
~ Page 6

Dealing with Those Who Doubt ~ *Pastor Steve Reynolds*
~ Page 7

Upcoming Events ~ Page 8

Devotional ~ Page 9

Recipes ~ Page 10

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Leading from High Places

They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not grow weary; they shall walk and not faint. (Isaiah 40:31 KJV)

I am quoting this verse more and more as I embrace the challenges of leadership for FP4H. I want to do more than talk about leading. I want to do more than write about leading. My desire is to lead this ministry by the power of the Holy Spirit. I Corinthians 4:20 (HCSB) tells us: *For the kingdom of God is not a matter of talk, but of power.* God can use this ministry to build His kingdom if we continue to submit to His authority and do ministry His way - not my way. The Bible says that God is actually looking for this. *For the eyes of the Lord move to and fro throughout the earth that He may strongly support those whose heart is completely His.* (2 Chron.16:9 NASB) Did you get it...*that He may strongly support...*? I need that kind of support!

We are all called to leadership in one form or another. Whether we are leading our family, our FP4H class or ourselves, it is a huge responsibility. There is also pressure to succeed. The expectations that others place on us can be high, but not as high as the expectation we place on ourselves. Our culture says that effective leadership, whether it's true or not, is the answer for every challenge society faces. Leaders are expected to be good examples, have great families, provide wisdom beyond their years, and be smart, attractive and physically fit! It is an impossible task. That is why practicing self-leadership first, above all else, is so important. "Nothing so conclusively proves a man's ability to lead others as what he does day to day to lead himself." (Thomas J. Watson)

How do I handle it? How do you handle it? There are simple biblical principles that can help us be successful:

- **Expect Difficulties.** We should not be shocked or surprised when we face obstacles of all kinds. Jesus said that what happened to him will happen to us. A slave is not better than his master.
- **Lead, not Assume the Position.** Leadership is action not position. (Donald H. McGannon)
- **Ask God to Change your Miseries to Ministries.** The last thing I ever wanted was for everyone to know about my weight and food issues. I had someone share with me once that her relationship with God was private and not for others to know about. I don't believe that. I believe our relationship is personal, but never intended to be private. Everything I have overcome has been through the power of the Overcomer, Jesus Christ! I dare not be silent. Our victory is someone else's hope, as miserable as it seems. In every hurt, obstacle or hardship, there is always something God has for me if I'm willing to look close enough and be patient. There is also something for others if I am willing to share it.
- **Lead only in the Power of the Holy Spirit.** The Holy Spirit invades us at the moment of conversion to give us boldness. *And now, Lord, consider their threats and grant that your slaves may speak your message with complete boldness.* ³¹ *And when they had prayed, the place where they were assembled was shaken and they were all filled with the Holy Spirit and began to speak God's message with boldness.* (Acts 4:29,31 HCSB)

God will also equip us for every good service: I Cor. 12:4-5,7 (HCSB) says, *Now there are different gifts, but the same spirit; there are different ministries but the same Lord.* ⁷ *A manifestation of the spirit is given to each person to produce what is beneficial.*

Continued on page three



Continued from page two

I remember Carole Lewis telling me that I may not feel I have the power to lead, but the power will be there when I need it! She is exactly right. She encouraged me to step into this position by faith. Therefore, I am quoting Isaiah 40:31 for you:

They that wait upon the Lord shall renew their strength;
They shall mount up with wings as eagles;
They shall run, and not grow weary;
They shall walk and not faint.

Oh the sights we will see! An eagle's sight can be as much as seven times more acute than a human's. An eagle has the ability to see at a distance, which is twice that of a man's. May we soar with wings as eagles as we wait on the Lord to do His thing through us—in FP4H.

Serving with Joy,



Vicki Heath.....vicki.heath@fp4h.com

SUMMER SPECIAL

FREE TOTE BAG WITH THE PURCHASE OF A MEMBER'S KIT!

Every purchase of a Member's Kit during the month of May will receive a free burgundy and teal totebag.



Go to www.firstplace4health.com to order.



Success Story ~ *Becky Stephenson*



My story really isn't about me; it's about God's transformation in my life through the FP4H program. When people see me, they automatically think I have been in shape and exercised all my life, but that is so far from the truth. The truth is that I loved to eat and was a "couch potato." I knew every number on the fast food menus, and had such a sweet tooth that dessert was part of each meal. I was so out of shape and overweight that my arms used to flap every time I moved them. My eating and non-exercise habits led me to years of yo-yo dieting. I tried so many diets: the high-carb diet, the low-carb diet and Weight Watcher's. All these diets worked. I would lose 20 lbs., but would then go back to my old eating habits and gain it all back again. I lost the same 20 lbs. at least four times in my life.

By the time I was 44, I was overweight by 30 plus pounds, spiritually dry and depressed. I knew I needed to change my life, but didn't know in what direction to go. I was on high blood pressure medication and wasn't able to walk up a flight of steps without being short of breath. My church was offering a FP4H class and I felt the Lord leading me to sign up.

The class changed my life. Through the Bible study, I realized how much God loved me and that he had plans for my life. I knew he wanted me to be free of the obsession I had for food and my obstinacy for exercise. I was such a great couch potato that I used to pray, "Lord, if you want me to exercise, then you need to give me one that I can do sitting down."

God has such a sense of humor; He gave me a love and a passion for biking. He also released me from my food obsession by helping me identify where it started. I realized after reading a book called *Half the Mother Twice the Love* by Mother Love that my obsession for food came from my childhood. As I identified with her stories of food with family reunions, Sunday breakfasts and holiday gatherings, I realized that was where my food obsession started. As I read the last page, I was released from my obsession. It was unbelievable. God is so amazing and the Bible study changed me so much that I started my own group a year later, which ran for a couple of years.

I knew every number on the fast food menus, and had such a sweet tooth that dessert was part of each meal. I was so out of shape and overweight that my arms used to flap every time I moved them.

God says He *will restore what the locusts have eaten* (Joel 2:25) and that is what He has done in my life. I feel better now than I did in my 20's and am doing things that I never dreamed of doing. I can now run up a flight of steps without getting short of breath, and every time I hit the top I always praise God. I also went from a size ten to a size two. I am now preparing for an Ironman Triathlon for my 50th birthday. I went from a couch potato to getting second place last year in a Duathlon, a 56-mile bike ride climbing over six thousand feet, then a 13.1 mile run named Savageman, which is billed to be one of the toughest Ironmans in the world. God is so amazing.

Continued on page five



Continue from page four



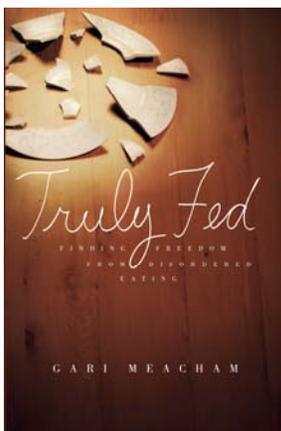
I just want to encourage you that it's never too late and you're never too old or out of shape to get started. When I started biking, I had to walk up every hill in my neighborhood and when I started to run, it was a few feet at a time. Swimming has been very challenging for me. I realized the day before my first triathlon that I wasn't able to swim more than 100 yards, but knew God had called me to do this triathlon. I kept questioning God—not believing it would be possible—and worrying about drowning. Before I went to the triathlon the next day, I turned on the radio and the song that was playing was *Stronger* by Mandisa with the lyrics, *If the waves are taking you under, hold on a little bit longer; this is going to make you stronger*. I knew God had a plan and could make impossible things happen so I went for it. In the water I made it to the first buoy and then I panicked. I flipped on my back and finished the swim. I don't know to this day what happened or how I got from the first buoy to the end;

I was never an athlete so I started from the beginning—one step at a time.

all I know was that I made it. I felt like the blind man in the parable of John 9:25, *I was blind but now I see*. God made the impossible possible and I have learned so many lessons on my journey.

I was never an athlete so I started from the beginning—one step at a time. My step started with the FP4H Bible study and then God did the rest. As I put Him first, He balanced the rest of my life. His Word tells us in John 15:5 that *apart from Him we can do nothing*. It's amazing to see where God has brought me and I give all the glory to Him. I pray that God will take "first place" in your life as well.

New in the First Place 4 Health Online Store!



Author Gari Meacham tackles the issues of disordered eating and self-loathing behaviors. With solid biblical wisdom, she challenges women to find freedom and understand nourishment the way God intended. *Truly Fed* is a unique and powerful book that moves us away from the self-obsession our culture encourages. Meacham balances scripture and her experiences to communicate a life of freedom.

\$14.99



Watching God Grow a Group ~ A Leader's View

There we sat, my faithful friend Deb and I, ready to finish our second session of First Place 4 Health. We mumbled “Where are all the people?” We sent out brochures and asked people to come. It seemed like a path God had chosen, but after awhile one really has to stop and wonder. So we went to God in prayer. We spent much of that meeting praying to God asking Him to bring people to our group, and the next session there were five of us! It was clear that we could not grow this group on our own. *I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.* (John 15:5) How very true! All He asks is that we remain faithful in doing things His way and have patience to wait on his timing. I am not sure why it took so long for us to run to Him, but ever since that day He has been growing HIS group while we pray.

There are those days when everything goes wrong, when we just want to hide and when our minds are filled with all kinds of lies. There are days when we're tired and when we're grouchy. But, if we can just make it to the meeting and step inside the door, something wonderful happens—we aren't alone any more.

Two and a half years later with nineteen members, God shows us that numbers are not the only thing He grows! We have had the blessings of watching depressions lift, people's inner- strength soar and members find the peace they have been searching for. God moves in mighty ways through this Christ-centered, healing ministry. Prayer partners call out to Him on each other's behalf as we hold up and strengthen each other. We have learned to be there for each other as He is there for us. This is so important because, *Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.* (Ecclesiastes 4:12) There are meetings filled with laughter and meetings filled with tears. We learn together and sometimes we even sweat together--to the oldies. God continues to build bonds between us.

Tomorrow will be another victory party. We have handed out invitations to family, neighbors and co-workers. Some are sure to come. We head to the “car races” to a joyful, fun- filled celebration of the “12 lap course” with Jesus just completed. There are prizes for top trackers and biggest losers, but most importantly there are certificates for just showing up. Along the way, God has shown us the value of just showing up. Just showing up is often much harder than it sounds. There are those days when everything goes wrong, when we just want to hide and when our minds are filled with all kinds of lies. There are days when we're tired and when we're grouchy. But, if we can just make it to the meeting and step inside the door, something wonderful happens—we aren't alone any more. Together we are stronger. God reaches out to us and we are blessed for having made it through the door. It is amazing to watch what God will do. Meeting by meeting we learn to put Him first in all things. We wait and we watch expectantly for what God will do next in this group He is growing as we each take our next right step.

DiAnna Moore is the First Place 4 Health Connecticut Area Networking Leader. She will be hosting a Connecticut Area Training Meeting on May 3, 2014. Please click on <http://www.firstplace4health.com/events/2014/05-03/connecticut-area-training-meeting> to learn more.





Dealing with Those Who Doubt ~ Pastor Steve Reynolds

But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself. (Daniel 1:8)

One of the things that surprised me when I decided to change my Bod4Steve to a Bod4God was the doubters who began to attack me. I discovered those doubters, who are everywhere, and as soon as you get serious about losing weight, they come out of the woodwork. They start saying things like, "So how many times have you been on a diet before?" and "Yoo-hoo everybody, Pastor Steve's gonna get skinny. What do ya think about that? Think he can do it?" I'm not sure if it's jealousy that drives this kind of talk, an attitude or what. If you've been up and down in your weight, as I have, maybe these folks really don't believe you can change. Come to think of it, why would they believe that this time will be different?

You just can't let them get to you. You have to realize that it took you awhile to get into this overweight situation and it's going to take a while to get out. People will begin to believe you are serious and will help you when they see you sticking to your Live It plan and beginning to lose weight.

Spend some time reading the story of Daniel and think about the food choice he made. The king wanted Daniel to eat the richest foods the kingdom had to offer. He wanted Daniel to be healthy and thought that was the way to ensure his health. But Daniel knew something the king didn't know. He knew the diet the king proposed would damage his health both physically and spiritually. Here's the story from *THE MESSAGE*:

But Daniel determined that he would not defile himself by eating the king's food or drinking his wine, so he asked the head of the palace staff to exempt him from the royal diet. The head of the palace staff, by God's grace, liked Daniel, but he warned him, "I'm afraid of what my master the king will do. He is the one who assigned this diet and if he sees that you are not as healthy as the rest, he'll have my head!"

But Daniel appealed to a steward who had been assigned by the head of the palace staff to be in charge of Daniel, Hananiah, Mishael, and Azariah: "Try us out for ten days on a simple diet of vegetables and water. Then compare us with the young men who eat from the royal menu. Make your decision on the basis of what you see."

The steward agreed to do it and fed them vegetables and water for ten days. At the end of the ten days, they looked better and more robust than all the others who had been eating from the royal menu. So the steward continued to exempt them from the royal menu of food and drink and served them only vegetables (Dan. 1:8-16).

The king represented someone negative in Daniel's life, and Daniel had to resolve to stick by his decision not to eat from the king's table. It worked. You will also have to deal with negative people, most of whom don't mean to be negative, but they truly can sabotage your plan. Notice that in just 10 days Daniel saw results from healthy eating—and you can too!

Steve Reynolds is the Lead Pastor of Capital Baptist Church in Annandale, VA. He is the author of the books: *Bod4God* and *Get Off the Couch*. He is also the creator of the *Losing to Live Weight Loss Competition*. Steve has lost over 120 pounds and has led his church to lose over nine (9) tons of weight.



Steve Reynolds.....sreynolds@capitalbaptist.org



Upcoming Events

Connecticut Area Training Meeting

May 3, 2014
Chaplin, CT
Contact: DiAnna Moore
Email: dianna.moore.fp4h@gmail.com

Colorado Area Training Meeting

May 10, 2014
Pagosa Bible Church
Pagosa Springs, CO
Contact: Marie Rascoe
Email: tmrascoe@centurylink.net

Alabama Area Training Meeting

May 17, 2014
Windward Lakes Clubhouse
Orange Beach, AL
Contact: Joyce Ainsworth
Email: glenna@netdoor.com

Texas Area Training Meeting

June 7, 2014
Georgetown Church of Christ
Georgetown, TX
Contact: Beverly Cody
Email: beverlycody@att.net

D.C. Area Training Meeting

June 21, 2014
Capital Baptist Church
Annandale, VA
Contact: Shawn Maassel
Email: smaassel@comcast.net

Pennsylvania Area Training Meeting

June 28, 2014
Apostolic Ministries
Hanover, PA
Contact: Helen Baratta
Email: helen.baratta@firstplace4health.com

Gala Honoring Carole Lewis

July 25, 2014
Junior League of Houston
Houston, Texas
Contact: Becky Turner
Email: becky.turner@fp4h.com

Summit 2014

July 25-26, 2014
Houston's First Baptist Church
Houston, Texas
Contact: Helen Baratta
Email: helen.baratta@fp4h.com

Michigan Area Training Meeting

September 20, 2014
South Lansing Christian Church
Lansing, MI
Contact: Marilyn VanDyk
Email: marilynvandyk@yahoo.com

Texas Area Training Meeting

September 27, 2014
University United Methodist Church
San Antonio, TX
Contact: June Chapko
Email: chapkoj@aol.com

Wellness Week at Round Top

October 9-16, 2014
Round Top Retreat
Round Top, Texas
Contact: Helen Baratta
Email: helen.baratta@fp4h.com

For more information about any of these events, please visit www.fp4h.com.



Devotional

View from the Top

For the LORD your God is the one who goes with you to fight for you against your enemies to give you victory.

DEUTERONOMY 20:4

Last summer, my husband and I spent a week at the Philmont Scout Ranch in Cimmaron, New Mexico. My husband is the hiker in the family, but I exercise four to five times a week, so I thought the four-mile mountain trail would be a breeze.

The trail looked easy, but five minutes into the hike, I was huffing and puffing. I'd walk a few yards, rest, walk a few yards, then rest again . . . at that rate, it was turning into an all-day event! Maybe it was just the determination to make it, but before I knew it, we were at the top. What an awesome view! It was certainly worth all the huffing and puffing necessary to get there.

There are going to be days when we feel we just can't make it. Everywhere we turn, there will be another temptation. Occasionally we might even give in, but that's no reason to give up. Part of being human means that we won't succeed every time we try something. When we find ourselves tempted to give in, we need to call on God and ask him for the strength and determination to overcome. God will send forth His mercy and truth, and we will be able to pick up where we left off and do even better the next time!

PRAYER

Heavenly Father, give me the strength and courage to achieve my healthy lifestyle goals—even when I am tempted to give up.

Journal: What is keeping you from achieving your goals? Are you missing the view from the top because you give up too easily?

—Judy Dorn

Devotional taken from the devotional, [Living Well](http://www.firstplace4health.com). To order, visit our website, www.firstplace4health.com, or call 800.727.5223, x1002.



Light & Delicious Spring Recipes

Baby Greens with Beets and Walnuts

Serves 8

6 medium beets (red and golden), about 1 1/2 pounds
1 cup water
8 cups mixed baby salad greens
1 cup loosely packed fresh flat-leaf parsley leaves
1 tablespoon white balsamic vinegar
1/4 teaspoon kosher salt
1/4 teaspoon black pepper
2 tablespoons extra-virgin olive oil
1/2 cup (2 ounces) crumbled goat cheese
1/4 cup coarsely chopped walnuts, toasted

Preheat oven to 375°. Leave root and 1-inch stem on beets; scrub with a brush. Place beets and 1 cup water in a 13 x 9-inch glass or ceramic baking dish; cover tightly with foil. Bake at 375° for 1 hour and 30 minutes or until tender. Cool beets slightly. Trim off roots; rub off skins. Cut beets into wedges; cool completely. Place greens and parsley in a large bowl; toss. Combine vinegar, salt and pepper, stirring with a whisk. Gradually drizzle in oil, stirring constantly with a whisk. Drizzle dressing over greens mixture; toss gently. Arrange 1 cup salad on each of 8 plates; top evenly with beets. Top each serving with 1 tablespoon cheese and 1 1/2 teaspoons nuts.

Nutritional Information: Calories: 125, Fat: 8.2g, Saturated fat: 2.4g, Monounsaturated, Fat: 3.3g, Polyunsaturated fat: 1.9g, Protein: 4.1g, Carbohydrate: 10.1g, Fiber: 3.1g, Cholesterol: 7mg, Iron: 1.5mg,

Tracker: 1 1/2 cups vegetable, 1/2 tsp. healthy oil

Blackberries & Yogurt with Sugar Cinnamon Crisps

Serves 4

8 wonton wrappers, cut in half diagonally
Cooking spray
1 tablespoon sugar
1/4 teaspoon ground cinnamon
1 1/2 cups plain fat-free Greek yogurt
1 cup blackberries
4 teaspoons honey

Preheat oven to 400°. Arrange wonton wrappers in a single layer on a baking sheet coated with cooking spray; lightly coat wrappers with cooking spray. -Combine sugar and cinnamon in a small bowl. Sprinkle sugar mixture evenly over wrappers; bake at 400° for 3 minutes or until crisp and slightly browned. Set the wrappers aside to cool slightly. Layer 6 tablespoons yogurt, 1/4 cup berries, and 1 teaspoon honey into each of 4 bowls. Serve each with 4 wonton crisps.

Nutritional Information: Calories: 142, Fat: 0.6g, Saturated fat: 0.1g, Monounsaturated fat: 0.1g, Polyunsaturated fat: 0.2g, Protein: 9.6g, Carbohydrate: 25.1g, Fiber: 2.2g, Cholesterol: 1mg, Iron: 0.8mg

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

Kid-Friendly Recipes



Baked Mozzarella Bites

Serves 4

1/3 cup Panko bread crumbs
3 (1-ounce) sticks part-skim mozzarella string cheese
3 tablespoons egg substitute
Cooking spray
1/4 cup marinara sauce

Preheat oven to 425°. Heat a medium skillet over medium heat. Add 1/3 cup Panko to pan, and cook for 2 minutes or until toasted, stirring frequently. Remove from heat, and place the Panko in a shallow dish. Cut mozzarella sticks into 1-inch pieces. Working with one piece at a time, dip cheese in egg substitute; dredge in Panko. Place cheese on a baking sheet coated with cooking spray. Bake at 425° for 3 minutes or until the cheese is softened and thoroughly heated. Pour the marinara sauce into a microwave-safe bowl. Microwave at HIGH 1 minute or until thoroughly heated, stirring after 30 seconds. Serve with mozzarella pieces.

Nutritional Information: Calories: 91, Fat: 5.1g, Saturated fat: 2.8g, Monounsaturated fat: 1.3g, Polyunsaturated fat: 0.3g, Protein: 7.2g, Carbohydrate: 6.7g, Fiber: 0.1g, Cholesterol: 12mg, Iron: 0.3mg,

Tracker: 1/2 oz-eq grain, 1 oz-eq. meat



Sloppy Joe Sliders

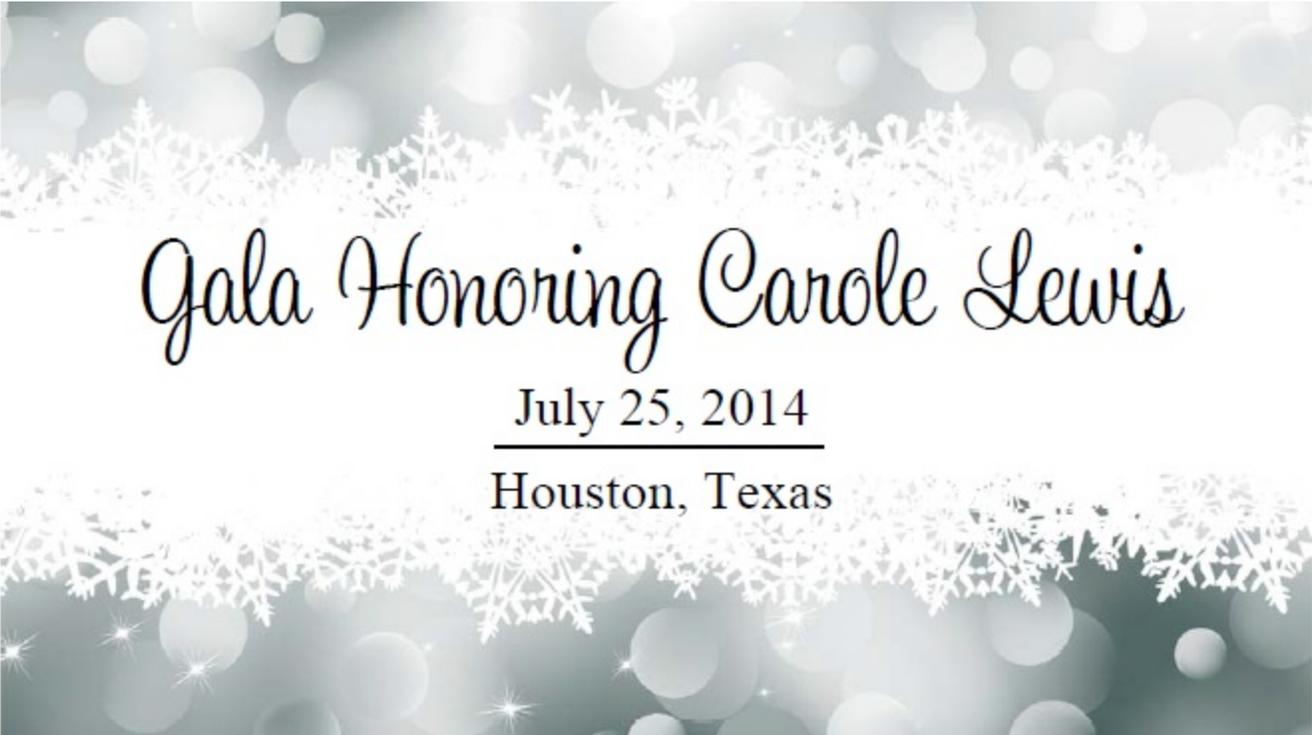
Serves 4

1 large carrot
10 ounce lean ground beef
3/4 cup pre-chopped onion
1 teaspoon garlic powder
1 teaspoon chili powder
1/4 teaspoon freshly ground black pepper
1/4 cup ketchup
1 tablespoon Dijon mustard
1 tablespoon Worcestershire sauce
1 tablespoon tomato paste
1 teaspoon red wine vinegar
1 (8-ounce) can no-salt-added tomato sauce
8 slider hamburger buns

Preheat broiler. Heat a large nonstick skillet over medium-high heat. While the pan is heating, grate carrot. Add carrot, beef, and onion to pan; cook six minutes or until beef is browned and vegetables are tender. Add garlic powder, chili powder, and pepper; cook 1 minute. Combine 1/4 cup ketchup and the next 5 ingredients (through tomato sauce) in a small bowl. Add ketchup mixture to pan, stirring to evenly coat beef mixture. Simmer for 5 minutes or until thickened. While sauce thickens, arrange buns, cut side up, in a single layer on a baking sheet. Broil 2 minutes or until lightly toasted. Place about 1/4 cup beef mixture on bottom half of each of 8 buns; top each slider with top half of bun.

Nutritional Information: Calories: 373, Fat: 10g, Saturated fat: 3.6g, Monounsaturated fat: 3.5g, Polyunsaturated fat: 2.3g, Protein: 23.1g, Carbohydrate: 52.2g, Fiber: 4.2g, Cholesterol: 38mg, Iron: 4mg

Tracker: 3 oz-eq grains, 2 oz-eq. meat, 1 cup vegetable



Gala Honoring Carole Lewis

July 25, 2014

Houston, Texas

Carole has blessed us by leading First Place 4 Health for over thirty years and we are going to bless her back.

Come join us for a gala dinner honoring her legacy.

Time & Date: Friday, July 25th, 2014 at 7:00 pm

Location: Junior League, 1811 Briar Oaks Lane, Houston 77027

Gala event cost: \$50.00 per person

Dress: Sunday Best or After Five Attire

Save your seat now as there is limited availability!

Click here to register

<http://www.firstplace4health.com/events/2014/07-25/gala-honoring-carole-lewis>

If you have any questions, contact Becky Turner at becky.turner@firstplace4health.com.