

## SEMINARS FOR YOUR MENTAL & EMOTIONAL HEALTH

### HOW TO USE YOUR BRAIN FOR HEALTH & SUCCESS

WITH DR. ARLENE TAYLOR PHD

One of the world's leading speakers on brain function. [www.ArleneTaylor.org](http://www.ArleneTaylor.org)

**FREE!** Seating first come, first served.



**Friday, April 22, 2016**

7 PM: How to Create New Behaviors

**Saturday, April 23, 2016**

9:30 AM: Power of Prayer - for Others

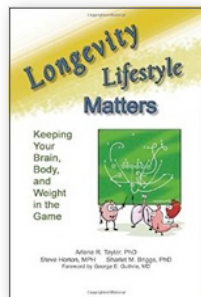
10:45 AM: Power of Prayer - for Your Health & Longevity

2 PM: Parenting and Reparenting, Part 1

3 PM: Parenting and Reparenting, Part 2

### LONGEVITY LIFESTYLE MATTERS

A 12-week program in a group format to help you develop habits that will promote a long, healthy life with full mental capabilities. *Learn wholistic ways to keep the brain, body and weight "in the game."*



DEVELOPED BY ARLENE TAYLOR, PHD,  
STEVE HORTON, MPH AND  
SHARLET BRIGGS, PHD

12 Tuesday 90-minute sessions @ 6:30 pm

**August 23 – November 8, 2016**

PROGRAM FEE: \$70

(includes textbook & workbook)

**CALL TO REGISTER: 805-482-4632**

## AND PRESENTING . . .



### THE GARDEN OF EATIN' VEGAN GOURMET CLUB

**2nd Thursday of Each Month**

**6:30 PM**

Open to ALL who want to Experience and learn more about Vegan Cooking.

Contact: Dr. David Lowe,

[dlowe\\_md@msn.com](mailto:dlowe_md@msn.com)

*(Request a monthly email courtesy reminder)*

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

**3 John 1:2 (NIV)**

### CAMARILLO SEVENTH-DAY ADVENTIST CHURCH

**3975 EAST LAS POSAS ROAD  
CAMARILLO, CA 93010**

**805-482-4632**

EMAIL: [office@camarillosda.org](mailto:office@camarillosda.org)

WEBSITE: [www.camarillosda.org](http://www.camarillosda.org)

# HEALTH

## PROGRAMS 2016



### HEALTH. HOPE. HEALING

Make this *your* year for better health! We're a church known for advocating a healthier lifestyle. . . and we're offering a variety of events to help you take charge of your own health & wellness. There are exciting and informative programs for body and mind, weight loss & fitness seminars, and vegan cooking demonstrations! YOU are invited. . .



## LIFESTYLE PROGRAMS FOR WELLNESS & LONGEVITY



### "GOODBYE DIABETES, HEART DISEASE AND ALZHEIMER'S"

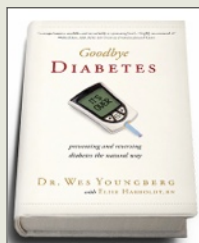
PREVENTING AND REVERSING CHRONIC DISEASE THE NATURAL WAY

WITH **DR. WES YOUNGBERG, DRPH, MPH, CNS, FACLM**

**A FREE COMMUNITY HEALTH EVENT!** Open seating.

### FRIDAY, JANUARY 8

6:30 PM.: Unlocking the Code for Brain Healing: Strategies to Prevent & Reverse Alzheimer's and Memory Loss

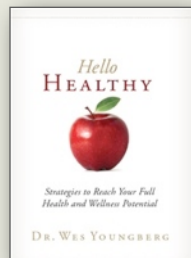


### SATURDAY, JANUARY 9

10:45 AM.: The X-factor in Health & Healing

12:30 PM.: Be Our Guest for a Healthy Luncheon

4 PM: 12 Strategies to Reach Your Full Health and Wellness Potential



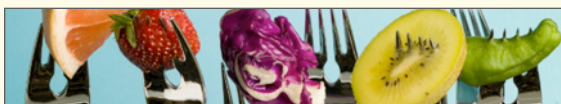
Dr. Youngberg will share current research on the most effective lifestyle medicine strategies for the prevention, detection, and reversal of many health problems.

He is the author of two books:

*Hello Healthy: Strategies to Reach Your Full Health and Wellness Potential* and *Goodbye Diabetes: Preventing and Reversing Diabetes the Natural Way.*

## Your Center for Community Health Resources

### HEALTH LECTURES & VEGAN COOKING DEMOS



## THE WHOLE CONFERENCE

**SUNDAY, FEBRUARY 21, 2016**  
9:00 AM – 4:30 PM

### "THE WHY AND HOW OF LIFE-PROMOTING EATING"

*Discover the importance of a whole food plant based diet for a healthier life, and learn how to prepare delicious vegan cuisine! Features five scientific presentations and two live food prep demonstrations.*

*Light breakfast served at 8 AM, catered lunch by The Veggie Grill, recipes, drawings for health items, free parking.*



### FEATURING:



**\*NEAL BARNARD, MD,**  
KEYNOTE SPEAKER:  
1)"PREVENTING AND REVERSING DIABETES" AND  
2)"POWER FOODS FOR THE BRAIN"



**\*COLUMBUS D. BATISTE, MD,** SPEAKER: "COURAGE: A JOURNEY TO REVERSE HEART DISEASE"



**\*BENJAMIN LAU, MD, PHD,** SPEAKER: "STOP CANCER WITH PHYTOTHERAPY"



**\*CHEF AJ, SPEAKER:**  
"REVERSING OBESITY – SECRETS TO ULTIMATE WEIGHT LOSS" AND LIVE FOOD PREP



**\*TERRI QUENZER, PHD,**  
HEALTH COACH: LIVE FOOD PREP DEMONSTRATIONS

**TICKETS:** \$89/person online until Feb. 1 - \$99 until Feb. 20 - \$109 at the door if any seats available.

*Register early & save!*

**TO PURCHASE TICKETS OR FOR MORE INFORMATION, GO TO:**

[www.wholeconference.org](http://www.wholeconference.org)

**OR CALL 805-482-8080**



**PROVEN RESULTS. PRICELESS BENEFITS!**

A powerful yet simple 30-day world class lifestyle education program

**Starting March 6, (ends May 12) 2016**

*\*Reverse high blood pressure \*Turn around diabetes \*Lose weight without dieting \*Lower cholesterol*

### FREE INFORMATION SESSIONS:

Sunday, Feb. 28, 6:30 PM, OR

Tuesday, March 1, 6:30 PM

**MORE INFORMATION: 805-482-4632**

Or go to: [www.chiphealth.org](http://www.chiphealth.org)