

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

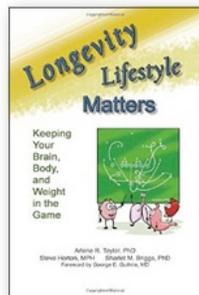
10:45 AM: Power of Prayer -  
for Your Health & Longevity

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 holistic  
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”**

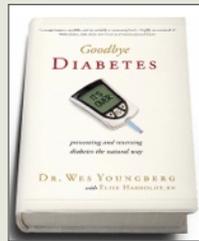
PREVENTING AND  
REVERSING CHRONIC  
DISEASE THE NATURAL WAY

**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

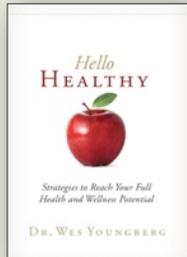


**SATURDAY,  
JANUARY 9**

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 e3 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)