

# Health & Lifestyle Seminar

# WIN

## WELLNESS INTEGRATING NEEDS

Featuring **Dr. Wes Youngberg**

At the **Fallbrook Seventh-day Adventist Church**

RSVP / Call 760-723-7733 or Register online at [www.fallbrookadventist.org](http://www.fallbrookadventist.org)

*Light Refreshments starting at 6pm.*

**Saturday, September 6, 2008, 6:30PM**

**Sunlight – Is it in you?** Sunshine, vitamin D, diabetes, cardiovascular disease. Filling your heart's needs with God's power for spiritual wellness.

**Saturday, September 13, 2008, 6:30PM**

**Hope in a hopeless world.** Biology of Hope. Laughter and the immune system. Hope and psychoneural immunology – the amazing influence of mind on nerves and endocrine systems. Overcoming depression and anxiety. Achieving hormone balance. Positive thinking and immune health. Bible promises for you. Prayer and hope. Our true Hope for the future.

**Saturday, September 20, 2008, 6:30PM**

**Forgiveness – A time for healing.** The path to emotional and physical healing. Science on hostility and forgiveness. Anger control and cardiovascular health. Frontal lobe and will power. Brain patterns and forgiveness. From victimization to empowerment. The power to forgive. Overcoming resentment. Steps in forgiving. Freedom through forgiveness.

**Saturday, September 27, 2008, 6:30PM**

**The Command Center.** Exciting discoveries about your brain and how it affects your decisions. Power of habits and character forming. Memory and behavior. Power of old habits and new habits. Frontal lobe – the real you. Influence of choices on brain function. Purity of thought. Higher brain control. True force of the Will. Choosing new directions. Great thoughts and Happiness.

**Saturday, October 4, 2008, 6:30PM**

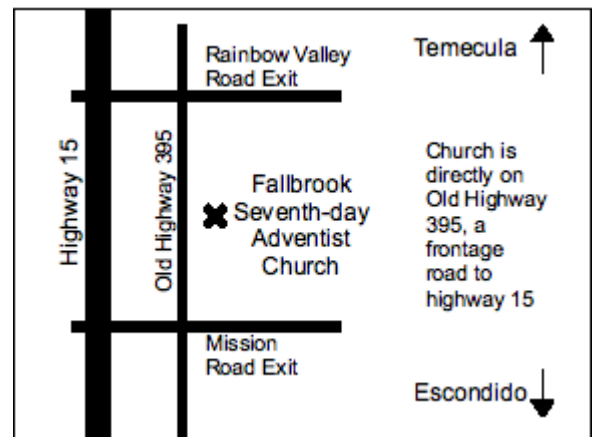
**Your fate is on your plate.** Are you getting First Class nutrition? Getting the right fuel for best performance. Nutrition misinformation. The Creator's Operating Manual. Food and inflammation. Got veggies? Food and cancer. "Yoyo" dieting. What about sugar? NEWSTART success case studies.

**Saturday, October 11, 2008, 6:30PM**

**Exercise – "Just do it!"** Exercise and boosting your natural killer cells and immune system. Benefits of exercise on diabetes and reducing heart attacks. Benefits on skin cancer. Benefits on depression, anxiety and emotional health. Overcoming stress. Adequate hydration. Achieving total wellness. Managing life priorities, time management, and relationships. Wise builders - God and you.



Dr Youngberg is the Director of the Rancho Wellness Center and runs the Lifestyle Medicine Clinic with the Rancho Family Medical Group in Temecula, CA.



"Come unto me all ye that labour and are heavy laden and I will give you rest" Matthew 11:28

# FREE ADMISSION