



OUR MISSION

To educate, inspire, and grow our community in health, lifestyle, and prevention.

Contact Us

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Brochures are now available in electronic format and are called e-brochures. They have the added benefit of having unlimited distribution and cost savings when compared to traditional paper .



About Us

Danielle King Ministry Lead: RN, Health Coach, Certified Holistic Nutrition

Duleynis Collins, United Healthcare

Yalisa Almonte, Advent Health for Children's Pediatric Weight and Wellness Program.

Ambar R. Marin Lopez, MD

HEALTH AND WELLNESS MINISTRY





BACK TO SCHOOL HEALTHY LUNCHES

What to CHOOSE:

1. choose any 1 fresh fruit: Grapes, apples, banana, blueberries, etc
2. choose 2 any vegetables: carrots, peppers, asparagus sticks, brocolli, summer squash, cherry tomatoes, etc
3. choose 1 healthy protein: favorite nut butters, edamame, seeds, beans, eggs, hummus, veggie burgers, roasted turkey/chicken slices
4. choose any 1 whole grain: whole wheat bread, whole grain pasta, quinoa, oats, etc
5. Dairy if desired: includes nut/oat milks, yogurt, cheese (dairy or nondairy)

www.hsph.harvard.edu/nutritionsource/kids-healthy-lunchbox-guide

PASTOR'S CORNER

Paul wants to help Timothy to know how important are his decisions, impact and life! First, Paul grounds him in his legacy, "remember your grandmother... and your mother..." (2 Tm 1:5). Then, the apostle shows the young disciple that he has a part to do, "fan into the flame"! (2 Tm 1:6).

God gave you a legacy. If it is not a good one, ask God to redeem yours and start a new one. As your pastor, I want to charge all of us as Paul did: *fan into the flame!* "For God gave us a spirit not of fear but of power and love and self-control." (2 Tm 1:7).

Start today. Start right now.



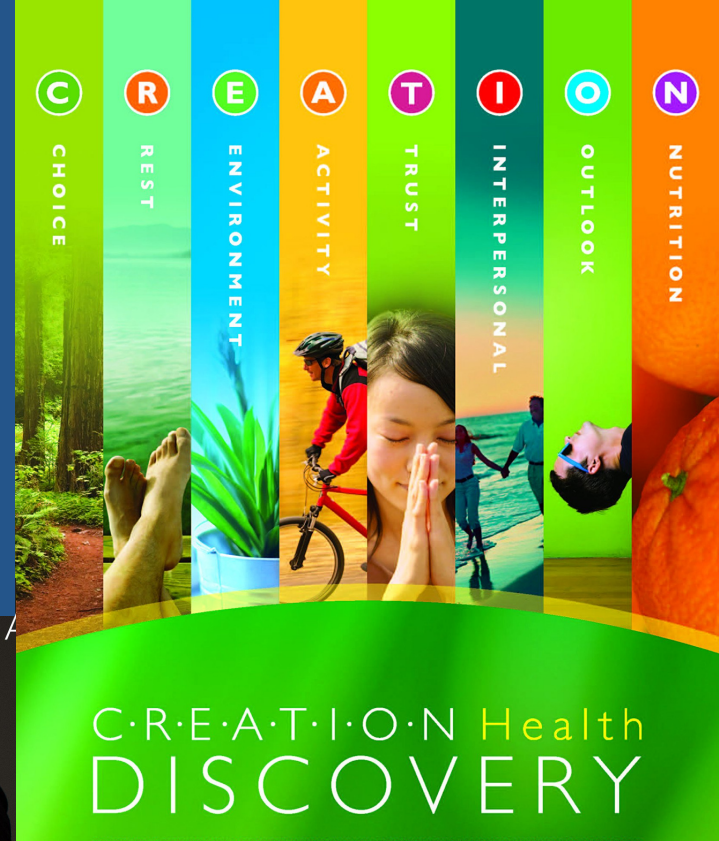
ANNOUNCEMENTS:

SEPTEMBER,

- CREATION STUDY GROUP TOPIC: **CHOICE** / DATE TBD

OCTOBER,

- 9th, 7-11am "Pink on Parade 5k"
- CREATION STUDY GROUP TOPIC: **REST** / DATE TBD



Starting **September**, Creation Life series! We will focus on one (1) letter each month. This series is designed to help one achieve mental, physical, spiritual and emotional well being. Each letter stands for one of the 8 principles from the book of Genesis.

