



BREAST CANCER PREVENTION

1. Breast Cancer is the most common cancer in women. **Visit your doctor for your annual screenings and evaluations.**
2. Lifestyle plays a critical role in prevention. Proper sleep, exercise, sunshine, and a healthy body weight help lower your risk of cancer.
3. **EAT MORE FRUITS AND VEGGIES!** Loaded with Cancer fighting plant compounds and antioxidants. Ex: Broccoli, Cauliflower, Dark Leafy Greens, Garlic, Leeks, Berries, and Citrus.
4. Cook with Herbs and Spices- these contain antioxidants that protect against cancer. Ex: Parsley, rosemary, turmeric, curry, and ginger.
5. **AVOID:** Fried foods, processed meats, refined grains, and added sugars.
6. Men can also get breast cancer, please ask your doctor about further education.

PASTOR'S CORNER

Every choice has a cost. Please don't forget that not choosing is also a choice – and also have a price! If you use your running shoes you won't be able to be using your casual ones at the same time. Then comes the purpose question, what is the best choice if I'm going to run? Living with purpose requires a moral element for our choices.

When Joshua made his choice, he knew by faith that nothing could be better than serving God, to live in His presence as a constant reminder that we all live by purpose and not by chance.

Run with running shoes. Choose God today. Live with purpose.



ANNOUNCEMENTS

OCTOBER 1ST

- CREATION STUDY GROUP AND POTLUCK! **TOPIC: CHOICE / 1:30-2:30P.** REGISTER WITH THE QR CODE.



OCTOBER 9TH

- **"PINK ON PARADE"** 5K RUN-SUPPORTING BREAST CANCER AWARENESS. LOCATION: CELEBRATION, FL 7A-11A



*from our CREATION SERIES:
"Choose for yourselves this day whom you will serve...But as for me and my house, we will serve the Lord." Joshua 24:15*

Choose your **THOUGHTS**, they become your words.
Choose your **WORDS**; they become your actions.
Choose your **ACTIONS**; they become your habits.
Choose your **HABITS**; they become your character.
choose your **CHARACTER**; it becomes your destiny.
Choose your **DESTINY**; it becomes your life today and forever.

Creation Life Bible Exp. pg 20



OUR MISSION

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

Recipe Corner

Clementine Smoothie with Turmeric | The Anti-Cancer Kitchen
(theanticancerkitchen.com)

- 8 clementines
- 1 cup ice
- ½ cup plant-based milk (we use oat milk)
- ½ teaspoon turmeric (ground)
- A dash of Agave (optional)
- ½ tablespoon of Maca powder (optional)
- A small pinch of black pepper



About Us

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

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HEALTH AND WELLNESS MINISTRY

