

# Seventh Day Adventist Church Mandeville

## “Healthy by Choice” Health Seminar

Date	Topic
Monday, October 14, 2019	DNA and the True Cause of Disease
	Cancer
Tuesday, October 15, 2019	Diabetes
	Cholesterol and Fat in your Diet
Wednesday, October 16, 2019	Heart Health and Hypertension
	Question and Answer
Thursday, October 17, 2019	Activity is Life
	Question and Answer
Friday, October 18, 2019	Gut Health is Vital
	Sexual Health
Sabbath, October 19, 2019	The Laws of the Mind
	Acid and Alkaline Balance is Essential

*Information gleaned from The Healthy By Choice seminar, slated to be held at the Seventh-day Adventist Church, Mandeville is for educational purposes only. The presentations are to assist individuals to learn how to prevent diseases and also how to preserve their own health. No medical care or diagnosis will be provided. It is therefore necessary to consult with your personal health care provider before executing any lifestyle changes. Mandeville Seventh Day Adventist Church and the presenter, Barbara O’Neill, are released from any and all liabilities resulting from the presentations.*