

WILDWOOD CENTER FOR HEALTH AND EVANGELISM & THE DECATUR SEVENTH-DAY ADVENTIST CHURCH

2018 HEALTH EXPO



**REVERSE BAD HABITS AND
LIVE A LONGER, HEALTHIER LIFE**

**Sunday
November 18th
1:00pm - 4:00pm
540 Beltline Road SW
Decatur, AL 35601**

**FREE to the Public! For questions or directions,
Contact Anna Perez (256) 341-355-3471 or (256) 227-3737.**

Educational booths guide you through a process to a healthier, better quality of life featuring the eight laws of health:

- Nutrition**
- Sunlight**
- Exercise**
- Water**
- Air**
- Rest**
- Temperance**
- Trust**

Find out how you can resist disease by participating in a quick and simple assessment. Also receive diet counseling and get tips on how you can change your lifestyle and live longer.

Discover how to put an end to:

- Obesity
- Diabetes
- Congestive Heart Failure
- and more!

There will be a raffle drawing at the day's end – participant presence is not required.

5-MIN. MASSAGE SESSIONS



BLOOD SUGAR CHECK



CHOLESTEROL CHECK



BLOOD PRESSURE CHECK

