

Creation Life Health Classes

God's 8 Principles for Living Life to Its Fullest

What: Creation Life is an eight-week lifestyle program created by Florida Hospital that teaches the importance of incorporating and balancing God's eight health principles. Each letter in the word CREATION stands for a particular principle. Check out the principles in the graphic included.

Who: This is a program especially designed for you **and** your family. A kid's Creation Life health class will be running simultaneously with the adult program making it easy to get the whole family involved! **Note:** This program is designed for elementary school-aged children whose parents are attending the adult class. Teens can join the adult class.

When/Where: Concord Seventh-day Adventist Church on Saturdays beginning September 14th through November 9th, immediately following the church service in the Fellowship Hall. Bring a sack lunch to eat prior to the class. Please note **there will be no class on September 28th.**

Why: This program has a dual purpose. It will not only help participants learn healthy lifestyle practices, but it will also help the facilitators gain needed practice presenting this program for our Fall 2020 outreach plan to bring this program to our community. We need you!

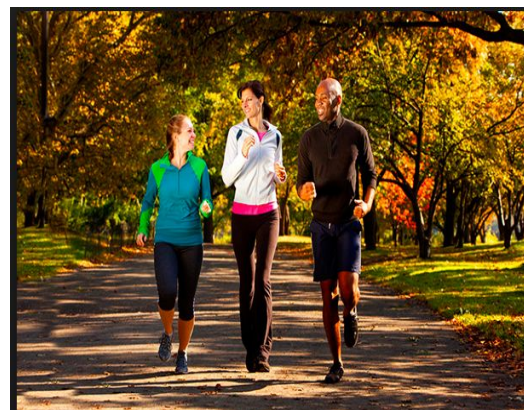
Adult Cost: \$35.00 which covers the cost of the participants manual and small group study guide. Couples can opt to share the manual and guide and attend at no extra fee. Materials will be ordered on Sept 1 for those that have submitted the fee.

Children Cost: Free

How: The registration sheet is located on the table by the Complete Balance Ministries Health Bulletin Board (located on the left as you enter lobby from the front entrance). Please note that there is an adult and a separate children's registration form. The fee for the adult program can be given to one of the Creation Life Team Leaders or it can be enclosed in a tithe envelope marked "Creation Life Health Class" and put in offering plate. Make checks payable to Concord Seventh-day Adventist Church.

creation®
HEALTH

- C CHOICE**
Choice is the first step toward improved health because people who believe they are in control over their own lives are healthier and live longer.
- R REST**
Rest is good sleep and also taking time to relax. Relaxation lowers blood pressure and reduces stress.
- E ENVIRONMENT**
Environment is our external world but also affects what happens within us for the better or worst.
- A ACTIVITY**
Activity includes physical and mental conditioning. Our goal is to be active in mind, body, and spirit.
- T TRUST IN GOD**
Trust in God speaks to the relationship between spirituality and healing. A link exists between faith and wellness.
- I INTERPERSONAL RELATIONSHIPS**
Interpersonal relationships strengthen our well-being. Social connection fortifies our resolve and improves our health.
- O OUTLOOK**
Outlook creates our reality. Our mind influences our body and our attitude impacts our health.
- N NUTRITION**
Nutrition is the fuel that drives the whole system. Small improvements and strategic substitutions produce profound results.



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