



# A Pattern

## Health Restoration Seminars

Bringing lifestyle medicine-based training to you!

A Pattern, Inc., is a Seventh-day Adventist ministry offering lifestyle-based health education and medical therapy. Our team includes a licensed physician and R.N. In addition to operating a clinic and residential lifestyle center, A Pattern offers health-based weekend seminars to church, civic, business, and private groups. Topics presented are tailored to meet the needs of the audience, and may include common diseases, physiology, mental and emotional health, spiritual components, practical demonstrations, or sponsor requests.

Our basic seminar schedule for Adventist venues is as follows:

- FRIDAY**  
6:30 p.m. Presentation: The need for medical missionary work, based on Matthew 28
- SABBATH**  
9:30 a.m. Option A: Church congregation follows their standard Sabbath School schedule  
Option B: We present God's health plan, the eight laws of health  
10:50 a.m. Personal Ministries: A window on our ministry—the work, facilities, and testimonials  
11:00 a.m. Divine Service:  
Children's story and or musical presentation by our team if desired;  
Sermon, "The Gospel of Health, as related to the Third Angel's Message in Revelation 14"  
12:30 p.m. Lunch (fellowship dinner if available)  
2:00 p.m. Group 20-minute walk  
2:30 p.m. Health lecture on cancer, cardiovascular disease, or diabetes  
3:45 p.m. Health lecture on arthritis, depression, or stress
- SUNDAY**  
9:00 a.m. A cooking class OR a hydrotherapy/natural remedies workshop, depending on sponsor preference.  
Individual 30-minute health and medical consultations if desired with our physician, on a donation basis.
- Costs:** We request transportation, lodging, and food coverage for our team.  
We also ask that the sponsoring organization provide a donation to our ministry.
- Contact info:** Please contact Joyce Grivas at (573) 210-2455 or Donna at the Lifestyle Center, (573) 245-6226.  
You may also e-mail us at [apattern.life@gmail.com](mailto:apattern.life@gmail.com)



*I am come that they might have life, and that they might have it more abundantly. —John 10:10*

A Pattern, Inc. P.O. Box 435, Bourbon, MO, 65441 • (573) 245-6226 • [www.apattern.life](http://www.apattern.life)