***Health Digest***

**Practical Techniques for a Better Life**

**July 2023**

**Program**

6:00 – 6:05 Welcome Martina van der Velde

6:05 – 6:10 Bible Thought Margit Toppenberg

6:10 – 6:50 Cooking Demonstration: Chef Miguel Larcher

 Sizzling Barbeque Lucia Modiga

6:50 – 7:05 Simple Remedies:

 Russian Ice Plunging Bryan van der Velde

7:05 – 7:20 Break (to get Food Samples)

7:20 – 7:35 Gardening: Miriam Schmidt

 Bees and Butterflies for the Garden

7:35 – 7:45 Get Up and Move Martina van der Velde

7:45 – 8:00 Health Teaser: Sue Gibbs

 Blood Sugar Regulation

*Drawing for prizes*

*Though this is a free event, donations are welcomed and appreciated to cover some cost.*

*Thank you!*

Website Info: [www.metrosdachurch.org](http://www.metrosdachurch.org)

 Ministries

 Health Ministry

 Find additional info, handouts from previous sessions, and a place to preregister ☺