

*Michigan Conference SDA*  
**HEALTH MINISTRIES**  
**LIFESTYLE MATTERS**  
*RESOURCE INFORMATION*



[www.lifestyl matters.com](http://www.lifestyl matters.com)

866-624-5433



# Lifestyle Matters Products

(1-866-824-5433 or [www.lifestylematters.com](http://www.lifestylematters.com))

## Balanced Living PowerPoints



The **Balanced Living PowerPoint Series** is designed to empower and equip you to reach your community with practical tools that will energize your own life, revive your church, win souls for Christ, and bring healing to hurting lives.

The **Balanced Living PowerPoint series** consists of 26 exciting wellness topics that are designed to use with the large-size **Balanced Living Tracts**. Each download comes with 26 editable PowerPoint topics, in a long (30 minute) and a short (5-7 minute) version, which are fully scripted. Also included is a PDF of the corresponding **Balanced Living Tract**. These programs are ideal for short health presentations which can be shared in evangelistic meetings, supper clubs, wellness programs, or at home. **Available in Spanish.**

- Program materials are captivating and attractive.
- Use the presentation as a series or choose any topic as a stand-alone.
- The content is current, credible, on the cutting edge of science—and we live up to our name—**Balanced!**
- Participants appreciate and enjoy the colorful large-size tract handouts, which are also available in a smaller sharing size. Tracts can be purchased from [HopeSource.com](http://HopeSource.com)

## Living Free Quit Nicotine...for Good!



- **10-session program** includes:
  - Step-by-step printable **Facilitator's Manual**
  - **12 Balanced Living Tracts** 4-color sample set included\*
  - One-hour sessions
  - Personal, practical, interactive
  - Can be conducted in large or small groups, or one-on-one
- These beautiful PowerPoint presentations, available in download, are designed to use with Balanced Living Tracts. Tracts available from [HopeSource.com](http://HopeSource.com) in two separate sizes; 8.5x 5.5" and 2.75 x 4.25" Ideal for short health presentations. **Available in Spanish.**

## Revelation's Overcomers: Keys to Victorious Living

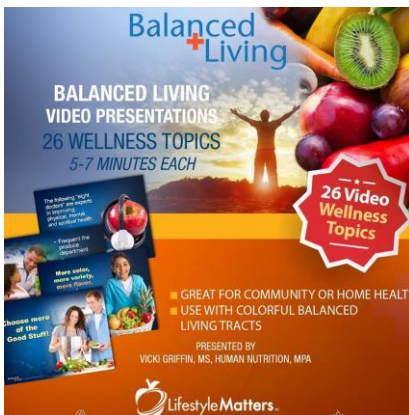


**2 fully scripted PowerPoint**s—can be divided into 2, 3, or 4 fully editable presentations. **Available in Spanish.**

These presentations are in 4 sections that cover:

- God's creative, drawing love
  - Fruitful living and Christian standards
  - Staying the course in trials
  - Growing steadfast in faith
- Ideal to incorporate into your evangelistic series.
  - Can be used as part of health meetings.
  - Great for use in home or support groups.
  - Excellent bridge from health to deeper studies.
  - Perfect sermon material to encourage the church.

## Balanced Living FREE Videos



The **Balanced Living PowerPoint Series** is now available in a graphic-rich, professionally produced, short downloadable version at [www.lifestylematters.com](http://www.lifestylematters.com).

- Each 5-7 minute presentation is filled with practical, powerful, and compelling information designed to reach the heart as well as the intellect.
- Biblical, inspiring, truth-filled, and motivational.
- Perfect for evangelistic meetings or personal use
- Use with Balanced Living Tracts

## Fit & free! PPTs



**Fit & free!** is a one-of-a-kind lifestyle series that empowers you to share specialized presentations that address essential truths in clinical; lifestyle; mental; and spiritual health. Each presentation is specifically designed for your participants to **Learn** important concepts in chronic disease; fitness; and brain health; **Adopt** practical strategies for consistent healthy choices; **Persevere** through obstacles and setbacks; and **Connect** with God, who is the Source of all lasting success. **Check website for currently available PPTs. Available in download.**

**Each track contains:**

- Four** fully scripted, professionally designed, **PowerPoints** that are compatible with PC or Mac computers.
- Four** handy printable **Teacher's Notes** for a summary glimpse of each presentation that can also be used as a handout.
- Four** user-friendly printable scripted **PowerPoint Notes**.

## Lifestyle Matters Books



learn new, positive habits and attitudes.

**Living Free: Finding Freedom from Habits that Hurt** covers the addicted brain and how to break free from crippling bad habits. It covers food addictions, obesity, and food cravings; substance addictions; and behavioral addictions such as internet addiction, pornography, and gambling. This compelling lifestyle program shows how attitude and lifestyle choices have a major shaping effect on the human brain. We provide powerful spiritual, social, emotional, and lifestyle tools to help participants



**Simple Solutions: Diet and Stress** covers the relationship between nutrition and stress sensitivity, depression, and immune function. There is also a section on lowering stress during the holidays, finding balance in the business of life, the mental health benefits of exercise and rest, and the importance of spiritual connectedness.



**Foods for Thought** shows nutrition's link to mood, memory, learning, and behavior. We examine the link between lifestyle diseases and mental function, including risk for dementia. It is filled with practical tips on how to make your mental engine "purr" instead of "ping." Children's health and the learning brain are covered, as well as spiritual and lifestyle tools that can help build a better brain.

## Lifestyle Matters Presenter's Packages

Each **Lifestyle Matters** module contains complete training materials, handouts, session guides, multimedia with scripted PowerPoints, books, a seminar DVD, seminar Lifestyle Features and scripted PowerPoints on DVD presented by Vicki Griffin, MS-Human Nutrition, MPA & Evelyn Kissinger, MS RD (can be used in place of doing these yourself), audio book, participant workbook, advertising materials information, and a cookbook that can be used to conduct a 4 or 6 session workshop with ease and professionalism. Books, DVDs, audio books and cookbooks are sold in 5-packs at wholesale rate to help offset the cost of your program. Now small as well as large churches can conduct effective, financially self-sustaining health evangelism programs.



**Living Free: Finding Freedom from Habits that Hurt** covers the addicted brain and how to break free from crippling bad habits. It covers food addictions, obesity, and food cravings; substance addictions; and behavioral addictions such as internet addiction, pornography, and gambling. This compelling lifestyle program shows how attitude and lifestyle choices have a major shaping effect on the human brain. We provide powerful spiritual, social, emotional, and lifestyle tools to help participants learn new, positive habits and attitudes.



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