

Presents

# HBCNBC

health by choice not by chance



Learn how to-Increase your Endurance, Slow down the Aging Clock, Regain the Energy of Your Youth, Eat More Weigh Less, Reverse Diabetes, Reverse High Blood Pressure, Reverse Heart Disease, Lower Cholesterol and Grow Healthier Kids.

Practical Life Changing Principles and Practices That is Sure To Bring Good Health to Your Mind Body and Soul.

## FREE

- Blood Pressure Testing
- Vegetarian Cooking Classes
- One on One Consultation

**-Sessions-** starts at 7:00 pm each evening

Friday, May 9<sup>th</sup> - Hero or Villain pt 1

Saturday, May 10<sup>th</sup> - Hero or Villain pt 2

9:15 am

Divine Hour: Would You Like To Be Made

Whole 11am

Evening: A Nation under Siege pt 1 5:00pm

Sunday, May 11<sup>th</sup> - A Nation under Siege pt 2

Monday, May 12<sup>th</sup> - Where is the Sugar pt 1

Tuesday, May 13<sup>th</sup> - Where is the Sugar pt 2

Wednesday, May 14<sup>th</sup> - The Plan

Thursday, May 15<sup>th</sup> - Uncle Arthur

Friday, May 16<sup>th</sup> - Allergies, Asthma and More

Saturday, May 17<sup>th</sup> - Q and A 9:15 am

Divine Hour: My Fathers Business 11 am

Evening, I will pass on the Honey 5:00 pm

APPIAN WAY SDA CHURCH

980 Appian Way

El Sobrante, Ca 94803

Phone (510) 222-0493

HBCNBC • James Luke / 678-520-1547



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