

# HEALTH AWARENESS SABBATH

January 11, 2020

## Reclaiming Our Health



### New Year's Resolutions

- Eat whole plant-based foods.
- Exercise 30 min. 5 days per week.
- Study the Bible and pray daily.

“When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health.”—*Healthful Living*, p. 30.

**When:**

**Where:**

