***Health Digest***

**Practical Techniques for a Better Life**

**November 2023**

**Program**

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

6:05 – 6:10 Bible Thought Pastor Dan McGrath

6:10 – 6:50 Cooking Demonstration: Margit Toppenberg

Pies for Thanksgiving Sharon Woolf

Lucia Modiga

6:50 – 7:05 Simple Remedies: Margarett Nwankpah

Health Toolbox for the Holidays

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

7:20 – 7:35 Gardening: Miriam Schmidt

Garden Chores in the Fall

7:35 – 7:45 Get Up and Move Jeanie Weaver

7:45 – 8:00 Health Teaser: Dolly Diamond

Is Cheese beneficial?

*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 ☺