***Health Digest***

**Practical Techniques for a Better Life**

**August 2023**

**Program**

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

6:05 – 6:10 Bible Thought Martina van der Velde

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

 Easy, Fast, and Energetic Lunch Bags Lucia Modiga

6:50 – 7:05 Simple Remedies:

 Barefoot and Happy Margit Toppenberg

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

7:20 – 7:35 Gardening: Miriam Schmidt

 Preservation Techniques

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

7:45 – 8:00 Health Teaser: Margarett Nwankpah

 Pros and Cons of Keto-Diet

*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 ☺