



Lifestyle Solutions

September 26, 2026

What to do when Health is Lost?
Natural Healing and Prevention

**FREE ENTRANCE
AND LUNCH**

Esther Juarez, BSN, RN
Certified Lifestyle Coach &
Weimar University Health
Educator & Author

Event starts at 9:30AM

- 10:00 – Brain & Emotional Health
- 11:00 – “PSP” Method of Healing
- 12:30 – FREE LUNCH
- 2pm – Natural Remedies
- 3pm – Hydrotherapy & Massage
- 4pm – Lifestyle Disease & Solutions
- 4:30pm – Q&A



Books available for purchase

IMPROVE YOUR HEALTH AND REDUCE THE RISK OF DISEASE

The pursuit of wellness is a life-long journey. Join us in this hope-filled seminar and learn basic, practical ways to reclaim your health!



Mount Gilead SDA Church
700 Kennedy Road,
Scarborough, M1K 2B5



1-416-752-5333

Call to save your space or email
mtgilead@adventistontario.org



**Weimar
University**

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Empowering Health Evangelism Worldwide