



## CREATION Health

Irish Mission – Northern Ireland 2016

An Introduction to the principles of CREATION Health, how it works for us, how it works for us, our church, and the community we serve.

- Tuesday March 29<sup>th</sup> - Londonderry, 7:30pm
- Wednesday March 30<sup>th</sup> - Banbridge, 7:30pm
- Thursday March 31<sup>st</sup> – Belfast, 7:30pm

## CREATION HEALTH

### FOR YOU, YOUR CHURCH, YOUR COMMUNITY

- When: Friday evening April 1<sup>st</sup> – Sunday lunchtime April 3<sup>rd</sup>
- Where: Stranmillis University College, Stranmillis Road, Belfast
- Cost: £65 / €75 residential - £40 / €50 non-residential (meals included)
- Stream 1 – CREATION Health Lifestyle Improvement & Leadership
- Stream 2 – TEAM CREATION Leadership for children

#### Seminar Presenters

Robyn Edgerton & Cheryl Chernault (Florida Adventist Hospital)

Pastor Lynell LaMountain (Health Ministries Director, Southern Union, USA)

[Reserve your place with Marci Neal, marci@adventist.ie](mailto:marci@adventist.ie)

**Choice**

Choice is the first step toward improved health because people who believe they are in control over their own lives are healthier and live longer.

**Rest**

Rest is good sleep and also taking time to relax. Relaxation lowers blood pressure and reduces stress.

**Environment**

Environment is our external world but also affects what happens within us for the better or worst.

**Activity**

Activity includes physical and mental conditioning. Our goal is to be active in mind, body and spirit.

**Trust**

Trust in God speaks to the relationship between spirituality and healing. A link exists between faith and wellness.

**Interpersonal Relationships**

Interpersonal relationships strengthen our well-being. Social connection fortifies our resolve and improves our health.

**Outlook**

Outlook creates our reality. Our mind influences our body and our attitude impacts our health.

**Nutrition**

Nutrition is the fuel that drives the whole system. Small improvements and strategic substitutions produce profound results.

# CREATION HEALTH SEMINAR LEADER TRAINING COURSE

STRANMILLIS UNIVERSITY CAMPUS, BELFAST

FRIDAY APRIL 1<sup>ST</sup> – SUNDAY APRIL 3<sup>RD</sup>

## BOOKING FORM

NAME \_\_\_\_\_ Mr / Mrs / Ms \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

Town /City \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Local Church Membership \_\_\_\_\_

**Please reserve my place on the CREATION Health Seminar Leader Training Course**

- **Residential** (Single En-suite room) **£65 /€75** \_\_\_\_\_
- **Non-Residential** (Meals only: Sabbath lunch & Evening Meal, Sunday Lunch) **£40/€50** \_\_\_\_\_
- **The Creation Health Seminar Personal Study Guide** **£15/€20** \_\_\_\_\_

**I am very interested in attending the CREATION Health Seminar:**

- To gain CREATION Health principles for Personal Lifestyle Improvement (stream 1) \_\_\_\_\_
- To become a CREATION Health Trainer in my local church (stream 1) \_\_\_\_\_
- To become a TEAM CREATION Leader for Children (stream 2) \_\_\_\_\_

### PAYMENT

For Sterling payment, please make a cheque payable to 'The Irish Mission of the SDA Church'. For Euro payment, please make a cheque payable to 'The Seventh-day Adventist Church in Ireland'. If your local church is sponsoring you to attend this course, please inform with a supporting e-mail from your pastor. Other methods of payment by arrangement with the Irish Mission Office.

Please complete and return this booking form to Marci Neal ([marci@adventist.ie](mailto:marci@adventist.ie)) no later than Thursday March 17<sup>th</sup> (with limited space - book early).

Please return with payment to: Mrs. Marci Neal. Irish Mission Office

9 Newry Road, Banbridge, County Down. BT32 3HF

