



OCTOBER (10/22) MEETING

Health, Nutrition, Diet Support & Accountability Team

STOP! And just imagine and think about what **HEALTHY DIET AND LIVING “REALLY TRULY” IS**, means.

Then compare, look at your health. 🔍

- ♥ **Just how good is your health?**
Not healthy, feeling great like you want or it could be; needs improvement, a “shake-up”?
- ♥ So, what **changes, improvements or “break-throughs”** are most wanted/needed for your health, nutrition and diet?
- ♥ What **challenges, blocks or excuses** get in the way the most and must be resolved?
Do you “know perfectly well” what has to be done, but aren’t doing it?

For **ANSWERS, WHAT TO DO:**

- ♥ Utilize, take advantage of the **Health, Nutrition, Diet Support & Accountability Team**, meetings; ongoing, all-around support, assistance. See www.maxfulfillment.com/sundayhealth/, and
- ♥ Go to the next meeting:
Oct; 10/22, Tues., 6 – 8:30 pm;
First Baptist Church,
3117 Lathrop Ave., Racine. See www.maxfulfillment.com/sundayhealthmeeting/
Note Pre-Meeting Input. Share with others.

Contact Randy 847 809-4821
randy@maxfulfillment.com for questions, further details; ideas, suggestions, who to connect with.