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| Greetings to the **Racine Kenosha and neighboring communities.**  How would you like to do something fantastic for your community—  ♥ Help better the health; wellness; well-being of its people, and  ♥ Do something about the sad, tragic state or condition of our health:  x Overweight you look around and see on our bodies;  x Our lousy; health, life-threatening junk, processed “food” diet saturated with unhealthy, addicting sugar, salt and oils;  x Widespread disease, sickness, “aches and pains”; cancer, heart attacks, diabetes, dementia/alzheimers you see and hear about so much, too much;  x Prescriptions, medications needed to keep us going; alive, and that compromise beyond repair proper functioning of our body’s organs!  You can by sharing, passing the “golden opportunity” below along to staff, employees; customers, clients, patients; neighbors, friends and family.  The reason is this. You just don’t know who might be interested in health care, take theirs seriously and want do something about it—strengthen, improve or make break-throughs.  And in turn knows someone else who is. Thank you for supporting your community! |

 **[](http://www.maxfulfillment.com/wp-content/uploads/2019/09/Images-health-living-apple-words.jpg)** [](http://www.maxfulfillment.com/wp-content/uploads/2019/09/Images-health-not-short-term-long-term.jpg)

**OCTOBER (10/22) MEETING**

*Health, Nutrition, Diet Support & Accountability Team*

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| STOP! And just imagine and think about what ***HEALTHY DIET AND LIVING “REALLY TRULY” IS,*** means.  Then compare, look at your health. Magnifying glass  ♥ **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/](http://www.maxfulfillment.com/sundayhealth/a), 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/](https://www.maxfulfillment.com/sundayhealthmeeting/) Note Pre-Meeting Input. Share with others.  Contact Randy 847 809-4821 [randy@maxfulfillment.com](mailto:randy@maxfulfillment.com) for questions, further details; ideas, suggestions, who to connect with. |