

# Health Expo

and lectures on disease preventions & lifestyle

Take Care of Your Family - Learn how to Save Your Health



**FREE—NEW  
RECIPE BOOK FOR  
ATTENDANCE**

**International Team of Speakers  
together with Ukrainian organization  
“Charitable Foundation of Healthy Lifestyle”**



## Enjoy a variety of free health screening services

- Blood Pressure
- Your Weight and Amount of Fat in Your Body
- Lung strength (spirometry)
- Cardio-vascular system (Step test)
- Your Health-Age by Computer

And also Anti-Stress Massage sessions

**Everything is free!**

### Location:

Seventh Day Adventist Church  
Liberty Street 234  
Kiev

### Date:

March 5-10

### Time:

Expo screening 18:00-19:00  
Health Lecture 19:00-20:30

## Health Lectures

*First day*

**Seven Steps to Improving the Immune System**

*Second day*

**What Is the Cause of So Much Heart Disease and Cancer?**

*Third day*

**How Phytochemicals In Food Can Help Your Family**

### Other topics to be covered:

- Good breakfast & your health
- Ten steps to a healthy weight
- The way out of depression
- The super liquid
- Good digestion means good health
- How to Reverse Diabetes?
- How to reduce high blood pressure
- How to treat a cold or flu without drugs
- What to do when you have arthritis?

**When you visit Health Expo you will get free literature on prevention of diseases and health lifestyle**