

# HEALTHY LIVING SEMINAR

## *Spirit, Soul & Body*

### ***SPIRIT***



#### **Speaking on the Spirit is Bibby Cummings of GSI.**

Bibby is a health educator teaching on: Simple Tips on Healthy Living, Stewardship of the body, Restoration of the Body using natural remedies and God given seeds; Daniel Life Style & obedience through taking care of our body as a temple.

**Lon Cummings** will be sharing on the health benefits of seeds & seeds of heaven given to man for healing and restoration



### ***SOUL***



#### **Speaking on the Soul is Sally Stiele of New Freedom Ministries**

Sally is a Life Coach, Speaker, Author and a graduate of Living Word Bible Institute. Sally will be speaking on lingering emotions of un-forgiveness that affect our minds, wills and emotions that make up our Souls. Some "tips" on how to identify those emotions for what they are, where they come from and why.



### ***BODY***



#### **Speaking on the Body is Beth Ley Knotts of NHL Ministries**

Dr. Beth (Ph.D. in nutrition) is host of "Recipes for Life with Dr. Beth" TV Show; International speaker on biblical nutrition, health; Divine healing; Nutrition and wellness counselor: Author & publisher (BL Publications) of over 40 books. She will be speaking on weight loss and food as medicine.

**Michael Knotts** will be sharing his health testimony and more!!



**Saturday, April 29th**

1 to 5 pm

**ECUMEN Forest Conference Center**

1415 Madison Ave

Detroit Lakes, MN

701-936-1545, 218-234-7438

❖ **FREE** event open to the public

❖ **Free** blood pressure check

❖ **Numerous** local vendors

Interested vendors contact **Wendy Gordon**  
at **218-234-7438**