

HEALTHY LIVING SEMINAR

Spirit, Soul & Body

SPIRIT



Speaking on the Spirit is Michael Knotts of NHL Ministries.

Michael has been in pastoral ministry since 2007 and is an ordained minister of the Gospel. He will be sharing on the Spirit and health.



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 the soul (mind, will and emotions) as it pertains to health and wellbeing.



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 sleep and food as medicine.



July 29th (Saturday)

1 to 4:30 pm

**ECUMEN Forest Conference Center
(Main entrance)**

**1415 Madison Ave
Detroit Lakes, MN**

**Contact New Freedom Ministries for
more informaton - 763-639-4641**

**1:00-1:30 Spirit / Michael Knotts
1:30-2:00 Soul / Sally Stiele
2:00-2:45 Vendor Introductions /
2:45-3:00 Break/Vendor Tables Open
3:00-4:00 Body/ Dr. Beth
4:00-4:30 Vendor Tables Open**

Vendors:

Friendship Florals

Lakeside Soaps & Candles

MANNA Food Co-op

Rapha GlobalFlax Lignans

❖ FREE event open to the public

❖ Numerous local vendors