



## A VIBRANT YOU BOOT CAMP

REVERSING DIABETES, CHOLESTEROL & CHRONIC DISEASE

12-week intensive series designed to help you change your life through intentional lifestyle changes. Over 100 million Americans have diabetes and more than 102 million suffer from high cholesterol. Heart disease and cancers can all be fought with daily choices - don't be a statistic.

Weekly classes begin on February 7 and will run each Thursday at 6 pm through April 25. [Advent Health Hendersonville](#) (formerly Park Ridge Health) will be providing free baseline and ending blood tests for all participants.

**Program Format:**

**Live Demonstrations**

Bev Cook, Terri Edwards, Dr. George and Tonya Kim

**DVD Presentations**

Kip Anderson, Dr. Neal Barnard, Hans Diehl, Dick Nunez

**Location:**

Tryon Seventh-day Adventist  
Morgan Center  
2820 Lynn Road - Tryon

RESERVE YOUR SEAT AT 828.817.1544