From the Health Ministry team, we wish our church family a blessed New Year 2024 and good health - on all levels!

With great pleasure we extend an invitation for Tuesday,

**February 6th at 6:30 pm**

**at the UCC Jacoby Auditorium**

where the internationally recognized speaker

**Dr. Michael Greger**

will honor us with his presence.

Author of the New York Times best seller “*How Not to Die*”, a new book “*How Not to Age*”, Dr. Greger has scoured the world’s scholarly anti-aging literature and developed this new presentation to deliver the good news that we have tremendous power over our longevity and health destiny.

He will cover natural ways to slow the aging process, and the diets and lifestyle of the healthiest, longest-living populations [aren’t SDAs in Loma Linda among the Blue Zones?], ways to preserve our brain, bowel, and bladder functions as we age, as well as tips to combat menopausal symptoms and skin aging.

This is a free event hosted by **UCVEG**, and our beautiful little town is honored to host Dr. Greger a second time in three years. He was very impressed with the interest in health matters he found in Roseburg last time he came. As Seventh Day Adventist we have a health message to live by and to give to the world, and this is a great reminder and opportunity to encourage ourselves to follow it… especially after the foods we maybe indulged during the holidays 😊, at the beginning of a new year.

Check his amazing research work at **www.NutritionFacts.org**

[www.UCVEG.org](http://www.UCVEG.org) (541) 378.6359 StayFresh@ucveg.org

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