



Health Emphasis  
Weekend ISDA  
25th – 27th October 2019

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**With Edwin Voerman**

Personal Trainer, Health Coach,  
Counselor, Speaker

## Friday, 25th October

19:00

Character

## Sabbath, 26th October

11:00

„What Can We Learn From The Iceberg“

14:00

As a Man Thinks So Is He, part I

15:15

As a Man Thinks So Is He, part II



# Sunday, 27th October

**10:00 - 13:00**

## **Cooking Class**

„I‘m so busy and I don‘t have time to cook!“

„My wife is sick, so I have to take care of the family. How shall I do this?“

- For those who would like to eat healthy, but don‘t have much time to prepare meals
- For passionate cooks who would like to get new ideas

There is no fee (donations to defray the expenses are welcome), but please sign up with Daniela Weichhold ([newstart77@gmail.com](mailto:newstart77@gmail.com); 0484 10 50 38)

# Sunday, 27th October

**14:00 - 16:30**

## **Natural Remedies**

Learn about

- Effective natural remedies for sleep trouble, menstrual pain and other nuisances without popping pills
- The benefits of charcoal
- How to make lip balm and other salves
- How to make Russian Penicillin
- How to give a chair massage

## Venue

Brussels International Seventh-Day-Adventist Church

11, rue Ernest Allard  
1000 Bruxelles

3rd Floor