



Lifestyle Matters Supper Clubs™

Facilitator Guide

Lifestyle Matters Supper Clubs: Your Program at-a-Glance

What is a Lifestyle Matters Supper Club? An **LM Supper Club** is a social, educational, and spiritual gathering hosted by your church health or personal ministries team in conjunction with the pastoral and church members.

What are the main components of a Lifestyle Matters Supper Club? The components of an **LM Supper Club** typically include some or all of the following:

- A healthy meal or food samples served in an **attractive, welcoming environment**.
- A health presentation on a **felt-needs topic**. This can be done by an on-site presenter, media stream, or DVD clip. Avoid sensational, highly controversial, or scientifically unsound topics.
- **Practical** recipe or nutrition **demonstrations** are valuable additions to any program. Have ingredients pre-measured.
- **Interactive discussion segments** to help attendees personalize the information.
- Copies of the recipes for attendees. Some established supper clubs have attendees bring prepared recipes to contribute. The possibilities to create involvement are worth exploring and can be **fun as well as greatly rewarding**.
- Handouts and a **resource table** with additional available materials, either for sale or free. One supper club had a “lending library” cart full of interesting health and spiritual materials.
- Often there is a **drawing** for a prize(s), such as a health or spiritual book, or kitchen tool.
- Supper clubs can be run without a charge to the public, on a donation basis, or for a fee for the meal.
- An individual supper club session **usually lasts about 1.5 hours**.

Why hold a Lifestyle Matters Supper Club? **LM Supper Clubs** are a gift to your community and church for **four major reasons**:

1. Supper clubs are designed to **help team members as well as guests** reach and maintain optimal physical, mental, and spiritual health in a supportive setting.
2. Supper clubs provide a **nurturing mix** of food, fun, education, encouragement, and fellowship which also serves to **break down prejudice**.
3. **Church members** are activated to become more involved, and the messages and interaction with others encourages personal **revival and reformation**.

4. Guests who attend are **more likely to show an interest** in participating in other church programs and Bible studies.

Why use Balanced Living PowerPoint or Plug n' Play Series for your Lifestyle Matters Supper Clubs? The **Balanced Living PowerPoint Series** consists of 26 exciting, fully scripted wellness topics in a short (7-10 min) and longer (20-30 min) version.

- The **BL PowerPoints** can be used as stand-alone presentations in any order.
- The 5-7 minute **Plug n' Play version** is ideal for venues that do not choose to present a PowerPoint, or for those who want to **mainly focus on a cooking or nutrition demonstration** but also want to include a **short wellness feature**.
- **Each presentation has been carefully researched, fully-scripted, and professionally produced** in an attractive, graphic-rich PowerPoint format. The PowerPoints are editable for ease of use by health professionals.
- Each topic uses a **mind-body-spirit** approach to healing that is **biblically based** in all its components and includes appeals to the heart.
- Short, long, and Plug n' Play versions are ideal for public venues of all types, including church, community, evangelism, health, or home settings.
- **You won't have to scramble to find a handout** for your attendees. Each topic has an attractive **enlarged (5 x 7) Balanced Living Tract** that summarizes the topic you present. Visit **HopeSource.com** or call **1-800-274-0016** to order handouts.

BONUS! We have organized selected topics from the series to create three 7-session seminars, complete with a handy **Facilitator Guide, Speaker's Tips**, and nightly **Session Summaries/handouts**. Visit **LifestyleMatters.com** or call **1-866-624-5433** for more information.

What is the benefit of holding regular supper club meetings? A regularly conducted **LM Supper Club:**

- Creates a consistent, **ongoing** welcoming learning environment. **People will bond in three important ways:**
 - ✓ With **you** through friendship, support, and accountability. Everyone needs to feel that someone believes in them.
 - ✓ With the **location**, through a sense of safety and associating the site as a place of peace, healing, and recovery.
 - ✓ With **God**, learning how to tap into His power, promises, and plan.
- Addresses critical clinical and lifestyle topics.
- Combines **educational, motivational, and inspirations** components along with **practical, positive lifestyle tools** for achieving and maintaining wellness goals.
- Emphasizes the inseparable **mind-body-spirit** approach to wellness.
- Teaches the **biblically based truth that the mind, body, and soul are inseparable**. Health outreach creates a unique opportunity to teach this key biblical precepts in a practical and powerful format.
- **Promotes church member growth** and nurtures lasting relationships with the community.
- Provides a **unique, personal, comfortable and compelling setting** for gaining decisions for Christ and opportunities to receive **Bible studies**.

“When people become interested in this subject [lifestyle], the way is often prepared for the entrance of other truths.” CTBH 121

When should a Lifestyle Matters Supper Club be held? A supper club meeting can be held monthly, quarterly, seasonally, or intermittently. We suggest the monthly plan from September through April or May with a summer break, when attendance would be lower.

- The **more regularly** the supper clubs are conducted, the **better results** you will experience in terms of **outreach, evangelism, and long-term friendships**.
- Regular programs mean participants will have **more opportunities** to make lasting friendships, experience **supportive networks**, achieve progress in personal health goals, bring their friends, attend other programs the church conducts, and **learn our beliefs**.
- **Coordinate, collaborate, and integrate** your supper clubs with other church calendar events so they become part of the overall **church evangelism cycle**.

Lifestyle Matters Supper Clubs: Your Step-by-Step Guide

Each LM Supper Club is designed to be **purposeful, practical, and highly personal**. A successful event or series will emphasize the following principles:

- **Teamwork, genuine interest in others, and a supportive attitude** are major predictors of successful programming, ministry, and soul-winning.
- For this reason, **the Supper Club team is the most important part of your event**. Make it a priority to cultivate a gracious atmosphere of teamwork and support.
- **The goal is for each guest to feel welcome and comfortable**. Many may be struggling with health problems or even addictions that they are embarrassed about.
- **Try to link each guest with a friend or support person** that will visit with them at the meetings, pray for them, and when appropriate or welcomed, make personal contacts. Be sensitive to the needs of each guest—**not all guests will want highly personal interaction**.
- **Leaders, helpers, and church members are not called to solve individual problems or know the answers to all questions**. Remember the story of Job. In this world we do not have all the answers. You are there as a support and friend.
- **Hope is the heart of health**. Lifestyle interventions relieve suffering and sometimes reverse disease, but not always. People with disabilities, irreversible health problems, and terminal illnesses can find **hope, comfort, and relief** from suffering through the support, love, and message of eternal life available to all.
- **LM Supper Clubs** do not take the place of **necessary medical or psychological care**. Those who need additional support are encouraged to connect with their healthcare providers.

SAMPLE Session Format—Brief Overview

1. **Welcome.**
2. **Tasting and mingling time.**
3. **Featured topic of interest: presentation and/or demonstration**
4. **Interactive discussion.**
5. **Drawings, giveaways, resource table.**
6. **Close.**
7. **Total session time:** Approximately 1.5 hours.

SAMPLE Session Format—Expanded Overview

1. **Welcome (5 min).** Choose a “host” for the evening to keep the program lively, warm, and moving smoothly from segment to segment. Some facilities will have round tables with an assigned **Table Host** (see **Staffing the Program**), which is an optimal format. Introductions at the table can take place while waiting to be served.
2. **Tasting and mingling (20-25 min).** Guests, staff members, and church members enjoy a simple, attractive, plant-based meal (or samples) together. Serve simple recipes that participants are more likely to make at home. After everyone is served, the featured topic of interest can begin.
3. **Featured topic of interest: presentation and/or demonstration (20-40 min).** As the meal is progressing you can begin the educational feature of the program. This may be a PowerPoint, cooking or nutrition demonstration, video segment, (or a combination of the three). In some situations the speaker will include the interactive discussion time in his or her presentation.
4. **Interactive discussion (10-15-min).** Try to make time for interactive discussion and practical applications of the materials presented (See **Lifestyle Matters Balanced Living Session Guides** for samples).
 - ✓ Discussions can be facilitated for the entire group or in smaller break-outs.
 - ✓ If you have **Table Hosts**, they can guide the discussion questions.
 - ✓ Discussion allows guests to talk about and personalize what they have heard or experienced.
 - ✓ Interactive discussions provide an opportunity to make friends, share experiences, exchange ideas, make commitments, and receive support and encouragement.
 - ✓ **Sample discussion question #1:** “What have you learned that was especially meaningful?”
 - ✓ **Sample discussion question #2:** “What is your next step?”
5. **Drawings, giveaways, resource table (3-4 min).** prizes, and spotlight on the resource table. This is an optional but highly enjoyable element of the evening.
6. **Close (3-4 min).** Offer prayer, express appreciation, and invite guests to upcoming programs, events, and Bible study offers or classes. End on a strong positive note. It takes hard work to move forward and learn new habits. Encourage guests to bring a friend to the next program. Make sure everyone has his or her handouts and an invitation to www.BibleStudyOffer.com.
7. **Total session time:** Approximately 1.5 hours.

Staffing the Program.

Individuals may fill more than one role:

- **Organizer.** The program organizer coordinates the program location, dates, time, and staff. The organizer may want to form a small committee to delegate such things as recruiting helpers, advertising, registration, greeters, refreshments, decorations, media needs for presentations, supplies, and handouts. Send thank-you cards to each member of your staff.
- **Advertising.** Puts information in bulletin and appropriate media. Makes sure signage leads people to the site.
- **Leader.** The program leader is your “Master of Ceremonies,” your up-front person who opens the evening, creates a congenial atmosphere, keeps the program flowing from segment to segment, and closes the event. See that handouts are made and distributed. Make sure there is an invitation to www.BibleStudyOffer.com on each table. Make sure each person fills out an evaluation form.
- **Set-up Crew & Clean-up Crew.** Sets up tables and chairs. Makes sure that the room is clean and inviting. Takes down tables and chairs. Sweeps floor.
- **Registration & Book Sales Coordinator.** Registers individuals as they come in. Arranges for drawing for give-aways. Sells books.
- **Presenter.** The presenter or invited speaker will present with enthusiasm, personal insight, compassion, balance, and encouragement.
- **Media.** Sets up power point and audio equipment
- **Cooks. Head Cook and Helpers.** The head cook will determine the menu and arrange for helpers for food preparation.
- **Food Serving Coordinator.** The food serving coordinator arranges for the serving of the food, proper serving utensils, napkins, and service ware.
- **Decorating.** Decoration specialist will determine the theme and decorate tables and serving table attractively.
- **Table Host.** Table host make sure each guest is welcomed at the table, introduced to others, guides the conversations, facilitates during the discussion times, and makes sure each guest is served, has their handouts, and has an invitation to www.BiblestudyOffer.com.
- **Friend.** Friends provide individualized support. Friends arrive early to the session to greet the guest when they arrive, sit with them during the program, encourage them as they leave the session, make contacts as appropriate (text, phone, Facebook, etc.), and provide intercessory prayer. Keep contacts brief.

Preparing Yourself and Your Team Spiritually:

- **Commit to daily prayer** and **expect personal and team growth over time** through varied and unexpected experiences in addition to the blessing of serving in this ministry.
- **Suggested reading 1: Ministry of Healing**, especially the chapters entitled: Helping the Tempted, pp.161-169 and Working for the Intemperate, pp.171-182.
- **Suggested reading 2:** See **Resources** below.
- Plan to **extend friendship and prayer to fellow team members as well as guests.** You are a family of believers, and members one of another. Rom. 12:5.
- **Your ongoing support is a very important part** of long-term success.

Program Philosophy and Principles.

“The Saviour’s example is to be the standard of our service for the tempted and the erring. The same interest and tenderness and long-suffering that He has manifested toward us, we are to manifest toward others...As we see men and women in need of sympathy and help, we shall not ask, ‘Are they worthy?’ but ‘How can I benefit them?’...Every soul, however degraded by sin, is in God’s sight accounted precious.” Ministry of Healing, pp. 162-3.

The roots of habits, mood, and addiction are deep and tangled, and they evolve over time. What may start as a curiosity can become a conditioned response, then a compulsion, then a heavy chain that isolates and destroys life and health at every level.

God created us for joy, freedom, and growth. His plan is to heal broken connections—in the brain, with each other, in lifestyle, and most importantly, with God. He created us to need a relationship with Him and others. Attempting to replace this real need with something else is like trying to use an outdated GPS to get to a new destination.

God wants to renew our minds and carve new brain maps (**2 Corinthians 5:17**). God’s plan is to fill us with new thoughts and desires, a deeper capacity to give and receive love, and new habits of living. Spiritual **renewal**, physical **recovery**, and mental and emotional **restoration** are all part of the process which takes place over time.

Overcoming negative habits of thinking and acting is not just about stopping. It’s about filling. A life filled with healthful lifestyle choices, truth-filled thinking, supportive surroundings and people, and a deeper walk with God. Adapted from **Living Free: Finding Freedom from Habits that Hurt.****

God alone knows the hidden chapters of a person’s life that lead to brokenness, dysfunction, and spiritual poverty. That is why “Christ’s method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’” **The Ministry of Healing, 143.**

Some people in your meetings will have ongoing struggles. Their embarrassment over their setbacks may keep them from returning. Your encouragement can be a key factor in inspiring them with courage and hope. “If they fall once, twice, or thrice, censure not. Already discouragement is doing its work and tempting them to say, ‘It is of no use—I cannot do it.’ This is not the time for censure. The will is becoming weakened. It needs the spur of encouraging, cheerful, hopeful words, as ‘Never mind the mistakes you have made. You are but a learner and must expect to make blunders. Try again. Put your mind on what you are doing. Be very careful, and you will certainly succeed.’” **1 T 684.**

Planning Your Lifestyle Matters Supper Club

Planning and preparation are the keys to a successful program. The time you spend beforehand will make a significant impact on the effectiveness of your ministry. Below are some planning keys and a sample guideline to assist you in program preparation.

Scheduling

A **Lifestyle Matters Supper Club** is typically offered once a month on a regular schedule (the first Monday or second Tuesday of the month, for example)

Resources and Materials

We highly recommend that you make the following tools and books part of your personal preparation and church library. The books, tracts, and cookbook listed below are great resources for attendees and are available at wholesale/bulk prices.

- **Balanced Living PowerPoint Series and/or Plug n' Play version (26 topics)**
- **Balanced Living Tracts (26 topics)**
- **Living Free: Finding Freedom from Habits that Hurt (book)**
- **Simple Solutions—Lifestyle Links to Better Health (book)**
- **Foods for Thought—Nutrition's Link to Mood, Memory, Learning, and Behavior (book)**
- **Guilt-free Gourmet Cookbook**

The Balanced Living Tracts and Lifestyle Matters books are available as a resources for sale for attendees at your sessions. Call **Lifestyle Matters** at **866-624-5433** for individual or bulk prices **or visit LifestyleMatters.com for more product information and additional resources. Visit HopeSource.com for bulk Balanced Living Tracts.**

10 Tips for a Top Notch Supper Club

1. Pray for the event, workers and guests, especially the evening you gather for the program.
2. Be responsible for assigned duties and pay attention to detail. Be gracious when mistakes are made and be ready to cover for fellow workers. Mistakes are great learning experiences.
3. You want your signage to clearly indicate the site location and event room.
4. Make sure your room is clean, uncluttered, nicely decorated, and a comfortable temperature. Double check that bathrooms are clearly marked, clean, fragrant, and well-equipped.
5. Have a neat, attractive registration and resource table.
6. Set up a beverage area with water and possibly hot herb teas. Some organizers choose to place small bottles of water at each table.
7. Appoint friendly greeters and make sure no guest sits alone before, during, or after the program.
8. Dress professionally. Some like to coordinate what they wear, like black pants or skirts and white shirts.
9. Arrive early so that all major tasks are completed 30 minutes before the event. This ensures that you will be ready for guests who arrive early, and they will.
10. Mingle with guests. Encourage your team to sit among the guests and get acquainted. Do not allow them to cluster in groups by themselves or stand in the kitchen and talk or clean up during the presentation. Staff attendance, interest in the topic, and participation during the program shows guests the importance of the information being presented.

Memory Meals—Choosing Your Menu.

- Plan a simple, colorful and attractive plant-based meal or samples. Garnishing with colorful fruits and vegetables adds flair to any meal.
- Provide recipes that are clearly, neatly printed and easy to follow.
- If a recipe has an item that may be unfamiliar, display the item.
- **NOTE:** Michigan State law does not allow food preparation on-site in non-commercially rated kitchens. Food must be prepared off-site and brought to the event. Check with your local Michigan Public Health Dept. for details.

Supply Ideas:

- **For the serving table:** Use a white or color-themed tablecloth, attractive serving plates, bowls, and serving utensils.
- **On Tables:** Tablecloths, a centerpiece, napkins and cutlery, and water bottles or a water pitcher with glasses (unless these items are located at a separate refreshment area).
- **NOTE:** White tablecloths, white serving dishes, and black wrought-iron plate holders and baskets can be decorated for any season. They are elegant, reusable, and versatile.
- Invitations to www.BibleStudyOffer.com. can be at your resource or registration table, or in baskets at the dining table, ready to be distributed at the right time. The speaker or host will want to invite guests to take a card and fill it out at the close of the meeting.

Serving Suggestions:

Buffet: Guest are dismissed by table. They may serve themselves from the buffet or have servers that place the items on the guests plate.

Serve to tables: Food is plated and served to tables. Pathfinders do a great job with serving in this way.

Choosing a Location.

Important Considerations

- Accessibility, pleasing environment.
- Room size, tables, seating, kitchen facilities.
- AV support—video, screen.
- Heating, cooling, ventilation.
- Parking—safety and lighting in parking area.
- Location—ease of access.
- Cost.

Advantages to Using Your Local Church, Community Center, or School

- Strengthens and confirms health principles for the church members.
- Provides an outreach program for church members to invite friends, neighbors, and coworkers.
- Surroundings are familiar to church and team members.
- Creates an awareness of “health outreach” in the community.
- Bonds the guests with the local church.

Advantages for a Community Site

- May help reach a specific target audience in the community or attract a wider audience, especially if leading up to an off-site evangelistic series.

Registration. Keeping Track of Guests.

Be sure to register each guest. Names can be put into a drawing for door prizes. Postcards/emails/text can be sent to guest to thank them for coming and to invite them to future programs/events. Suggested information. (See sample in Appendix)

- Name
- Contact Information: Phone; Text; Email (mark preference)
- Address
- How did you learn about this program?
- Other special interests

Advertising.

- Start advertising 4 weeks before the Supper Club.
- Encourage church members to bring at least two guests.
- The best advertising is a personal invitation.
- Assure church members that this is a winsome event.
- Involve as many church members as possible.
- Advertise in the bulletin.
- Provide an attractive invitation that church members can give to neighbors and co-workers. Develop a flyer or small business card size invitation.
- Send postcards to previous guests.
- Use appropriate printed material (free ads in newspaper).
- Use electronic media. (website, email and Facebook)

SAMPLE News Release for Radio and Print

Sample News Release

DATE (today's date)

IMMEDIATE RELEASE CONTACT: _____(contact person)

The Lifestyle Matters Supper Club will be held:

Location:

Date:

Time:

“The **Lifestyle Matters Supper Club** will feature a delicious plant-based meal with a special feature program entitled _____.

This program will teach how making a few simple but powerful diet and lifestyle choices can help your mental engine “purr” instead of “ping,” says _____ coordinator of the seminar. The seminar will also share ways to lower your risk for lifestyle diseases such as heart disease, obesity, cancer, and diabetes, and beat powerful food cravings. At this seminar you will learn simple lifestyle choices that can help you improve learning ability, lower risk for dementia, fight depression, increase energy, reduce mental fatigue, think more quickly and clearly, improve mood and

memory, lose unwanted pounds.” “People all over Michigan have discovered the secrets to better thinking, better health, and better mood at a **Lifestyle Matters Supper Club**,” says _____. To register for the Supper Club, call, _____ Or visit Facebook or www.yourwebsite.net.

2-Year Blended Evangelism Calendar

	2018	2019
January	Supper Club*	Supper Club: New Year, New You*
February	Supper Club*	Supper Club OR 4 Session BL Series Better Health in Your Crazy Busy World** Feb 12, 14, 19, 21
March	Supper Club*	March 1 – April 30 Evangelism; Stop Smoking Reaping/Daniel
April	Supper Club*	Evangelism Series Continues
May	Supper Club*	Supper Club*
June-August		
September	Sept 4, 6, 11, 13 Engineered for Success** 4 or 6 Session BL Series	Sept 3, 5, 10, 12 Living Free: Addictions** 4 or 6 Session BL Series
September	Sept 24-Nov 3 Evangelism; Stop Smoking Reaping/Daniel	Sept 23 – Nov 2 Evangelism; Stop Smoking Reaping/Daniel
October	Evangelism Series Continues	Evangelism Series Continues
November	Evangelism Series Concludes	Evangelism Series Concludes
December	Dec 4 Supper Club Healthy Holidays *	Dec 3 Supper Club Healthy Holidays*

***Suggested Supper Club: Second Tuesday of Each Month**
Every Supper Club: Invitation to BibleStudyOffer.com

****Every Balanced Living Series: Invitation to Evangelistic Series**
Evangelism Series: Includes Balanced Living Short PowerPoints or Plug n’ Play

Speaker Tips for Sharing Balanced Living Presentations:

All **Lifestyle Matters** materials, including scripted PowerPoints, books, magazines, and wellness tracts are designed to help you present and share biblically-based wellness principles of physical, mental, and spiritual health with confidence and clarity. We are committed to providing balanced, current, cutting edge, scientifically sound, and attractively packaged tools for presenters and attendees. We avoid highly speculative and sensational topics and focus on sound, practical principles of health. You do not need to be a health specialist to share these materials. With that in mind:

If you are organizing a seminar, choose a presenter who:

1. Has experience being in front of a group.
2. Is comfortable using **PowerPoint** presentations.
3. Is able to speak clearly, slowly, cheerfully, and with enthusiasm.
4. Is willing to commit time to properly prepare and practice their presentations.
5. Understands balanced, compassionate health ministry and the gospel.
6. DOES NOT use this time to promote products (supplements or other cures) or condemn items (GMO's, additives, etc.)
7. Will avoid making statements that are sweeping generalizations or oversimplifications. Stay away from "internet controversies."
8. Focuses on positives and benefits of basic lifestyle improvements.
9. Note: A presenter who has a health or teaching background is optimal. Do not claim to be a health expert if you are not a licensed professional.

Tips for a successful presentation:

Prepare:

1. Read over the PowerPoint slides and script at least 3-4 times.
2. Do not add extraneous or needlessly complicated information to the presentation.
3. Practice. Practice. Practice. Do the PowerPoint OUT LOUD at least 3 times.
4. When you practice, stand up and use the remote slide advancer. If possible, practice at your presentation site.
5. Speak in a confident, compelling, encouraging voice.
6. SMILE! You are bearing a message of hope and restoration.
7. Time your presentation. Make sure you are within the period that you have been given and that you do not linger too long on a given slide.
8. If you are having trouble getting through the presentation in the allotted time, delete a slide or two.
9. Delete (or hide) any slide that you are not comfortable with, and remember we are here to help you. Contact us with your questions.
10. Pray for a winsome but compelling delivery.

Before the presentation:

1. Dress professionally. Modest, tasteful attire that does not draw undue attention.
2. Be hydrated. Drink water and have water with you to avoid a dry mouth.
3. Breathe!! Take deep breaths to stay calm.
4. Say and Pray: "Thank you God, for this opportunity to speak and share Your wonderful truths."

During the presentation:

1. SMILE and make eye contact with the people.
2. Don't apologize. Don't say, "I'm not a speaker...or I'm not a health educator...or I'm not prepared!" Just start your presentation. Don't apologize at the beginning or the end.
3. You can say: "We are here to learn together. I am so happy to be able to share these health and wellness features with you. They are designed to improve physical, mental, and spiritual health in a clear and practical way."
4. Stay focused and don't get distracted or flustered if you make a mistake...just keep going.
5. Stand anchored on both feet with erect posture.
6. Put your mouth close to the microphone if using a hand-held. Use your enthusiastic, confident voice.
7. Show your personal passion for what you are saying.
8. Use a remote slide-advancer to progress the slides.
9. Stay with the script (add comments judiciously).
10. Stay within your allotted time.

After the presentation:

1. Recall the positive aspects of your delivery.
2. Ask yourself, "How can I make the next delivery even better?"
3. Ask for feedback from those who you know will encourage you and share constructive tips.

May the Lord bless your Lifestyle Matters ministry!



Registration

Name

Contact Information: Phone
Email

Do you Text Yes/No

Address:

How did you learn about this program?

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Evaluation Sheet: Please tell us what you think!

	Awesome	Very Nice	OK	Lacking
Food				
Program				
Friendliness				

What was your favorite food?

What did you gain from the presentation?

Program Interest:

- | | |
|---|--|
| <input type="checkbox"/> Nutrition Programs | <input type="checkbox"/> Stress Management |
| <input type="checkbox"/> Cooking Programs | <input type="checkbox"/> Support Group |
| <input type="checkbox"/> Weight Management | <input type="checkbox"/> Bible Study |
| <input type="checkbox"/> Other | |



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| <input type="checkbox"/> Other | |