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1. Epigenetics: Changing Lifestyle to Change Genes
  2. Inflammation: Internal Fires That Destroy
  3. Stopping the curse of depression
  4. The effect of community on your brain
  5. The Keys to Stopping Dementia

Tranquility SDA Church presents

# *Mended*



## Guest Presenter

Dr. Ramirez a medical doctor, research scientist, published author and international speaker. He has 27 years of experience working in lifestyle centers worldwide applying therapeutic modalities to different medical problems.

**Friday @ 7pm**

**Sabbath @ 10am, 11am, 2pm**

1 Academy Lane. Green Twp, NJ

Health and Spiritual Emphasis Weekend - Nov 22-23, 2019