



# Whole 30 Kick Off

January 5, 2019 1:00-4:00

Myers Memorial UMC

**W**hen I was desperate for freedom, I began

**H**oping and praying for a way to escape the bondage

**O**f food....and the

**L**ord provided a path. HE led me out of

**E**gypt....Praise God.

**T**he pathway allowed me to be part of a group that

**H**eld me accountable, provided encouragement

**I**n difficult moments,

**R**educed my isolation, created community and

**T**aught me truths about food.

**Y**ou may be thinking....is this MY answered prayer?

Sponsored by the Health Cabinet of Myers Memorial UMC

Myers Memorial UMC Fellowship Hall  
(301 S. New Hope Rd. Gastonia, NC 28054)

\$10 optional donation (mailed to the above address with "Health Cabinet" in memo line)

The Whole 30 Kick Off is open to anyone interested in improving general health, finding "Food Freedom" and/or learning more about the program. You will find this gathering has been designed to provide the following:

- Information/handouts about the Whole 30 plan
  - Testimonials
  - Grocery shopping tips
  - A Whole 30 compliant meal (YUM)
  - Recipes
  - Time and money saving strategies
  - Fellowship
- Speakers: Lee Black, Allison Evanoff
- Book Titles (you may want to purchase in advance)

Whole 30 by Melissa and Dallas Hartwig

It Starts With Food by Melissa and Dallas Hartwig

Whole 30 Journal by Melissa Hartwig

Sign up using the following:

- 1.) Use Myers Memorial UMC health cabinet address

<http://www.myersmemorialumc.org/health-cabinet>

- 2.) Call the church office (704) 864-3222

**ALL ARE WELCOME!!!**