

Evolving Health

Maximize your energy using the wisdom
of science and divine design

Ruben J Guzman, MPH

Christ Unity Church proudly announces the launching of a new book and the return of Coach Ruben's highly acclaimed program, Evolving Health!

Upcoming events:

Sunday, May 15th

- After the 11 am service, 1 to 2:30 pm (no fee)
- **"Eliminating Self-sabotage!"**

Saturday, May 21st

- **"Beyond Dieting – Effective weight control for a lifetime!"**
- 4 hour workshop, 12:30 to 4:30 pm
- \$15 per person

Sunday, May 22nd

- Guest speaker at both services, 9 and 11 am
- **"An Orderly & Balanced Mind and Body"**
- Music with Rev Charles Cooper and Bajan Moore
- Book signing

Evolving Health! 10-week program

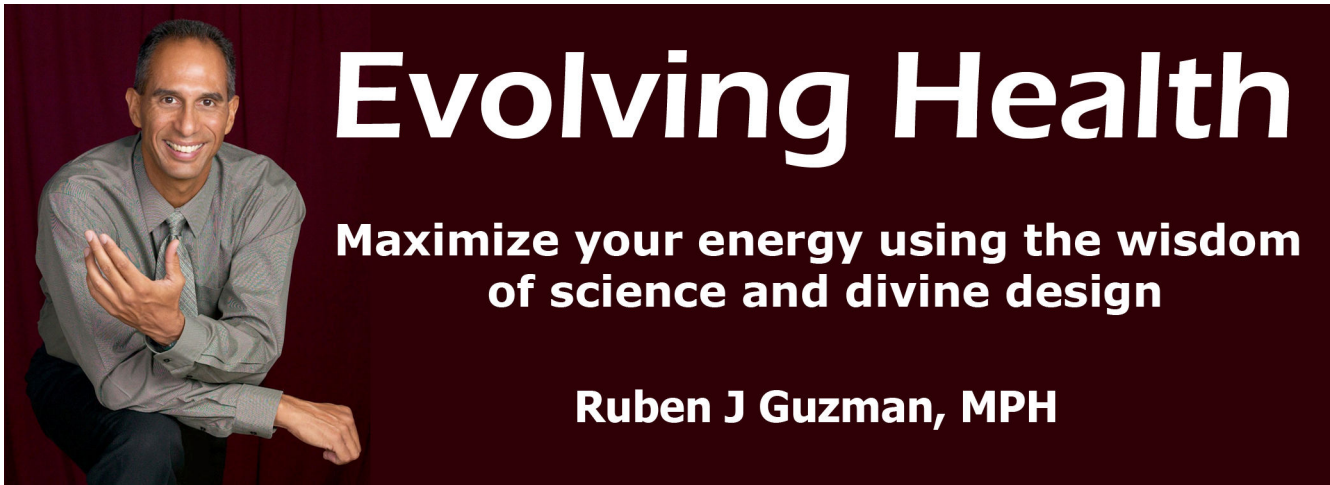
- 2 programs concurrently, beginning
- Tuesday, May 31 (for 10 Tuesdays) (6:30 to 9 pm)
- Saturday, June 4 (for 10 Saturdays) (1 to 3:30 pm)
- \$75 registration and materials fee
- Two payments of \$75 for course tuition
- Total of \$225 due by first session

To register (for Beyond Dieting or Evolving Health) call 916.368.3950

www.coachruben.com

email: coachruben@coachruben.com

"How will you live this life? Will you survive, or will you THRIVE!!?"



Registration form

Name _____

E-mail address _____

Telephone _____

Please select from the following:

- | | |
|---|-----------|
| <input type="checkbox"/> Evolving Health, book, autographed copy | \$ 20.00 |
| <input type="checkbox"/> Beyond Dieting workshop | \$ 15.00 |
| <input type="checkbox"/> Evolving Health, 10-week program | |
| <input type="checkbox"/> \$ 75 registration and materials fee | |
| <input type="checkbox"/> \$ 2 payments of \$75 for course tuition | |
| Total due by first session | \$ 225.00 |
| <input type="checkbox"/> Ten Tuesdays beginning May 31 | |
| <input type="checkbox"/> Ten Saturdays beginning June 4 | |

Total amount due _____

Total paid _____

Balance due _____

What do you most want to get from participating in the programs?