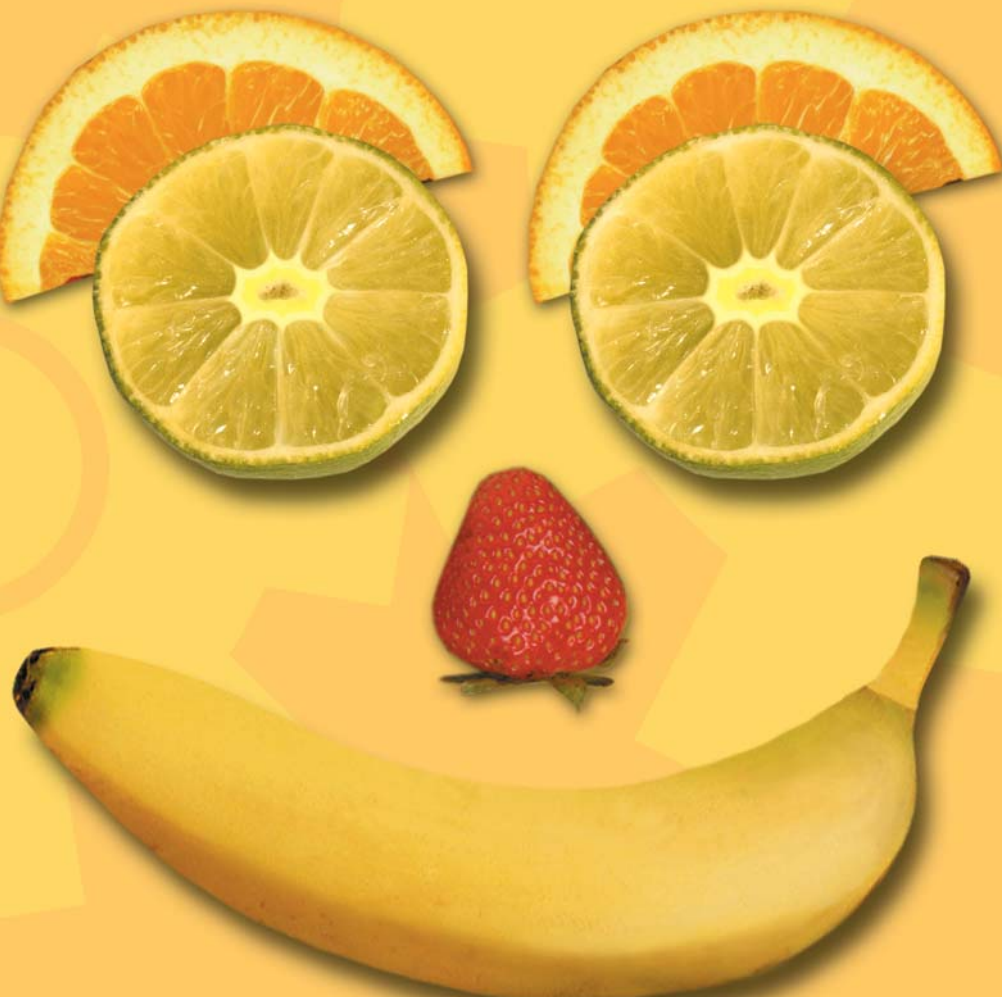


Nutrition's link with mood,
memory, learning and behavior.

Lifestyle Matters™
Simple Solutions Seminars



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**Date Sensitive Material
Requested in-home date
June 9 – 11**

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**For More Information or to pre-register
call: 630-946-6232 or
visit us online at www.lifestyl matters.net**

Don't forget this opportunity to remember!

**Registration Fee \$25.00
Free Food Tasting Nightly!**

Date/Time

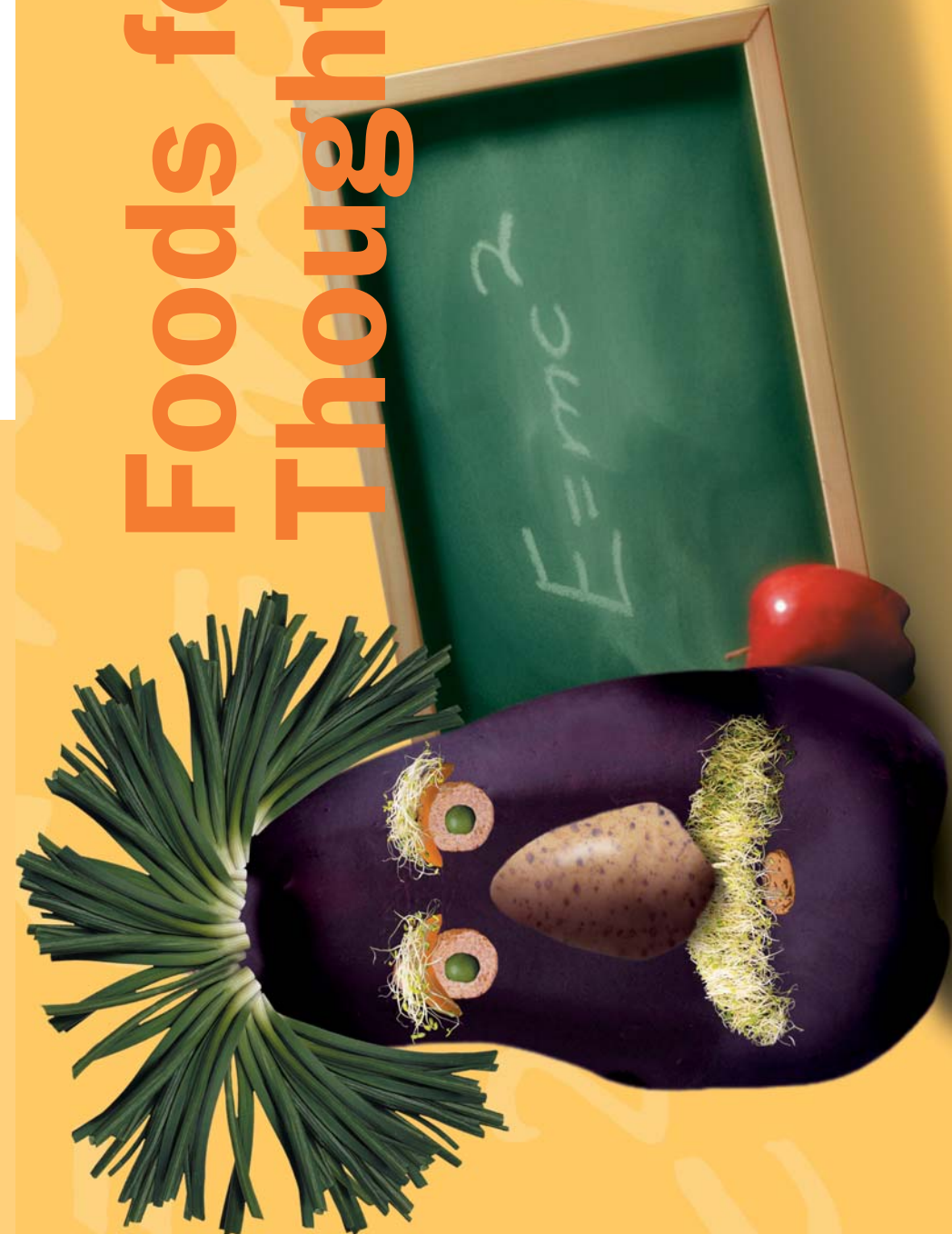
- Friday, June 13, 7:00 p.m.**
- Saturday, June 14, 7:00 p.m.**
- Friday, June 20, 7:00 p.m.**
- Saturday, June 21, 7:00 p.m.**

**Location
Naperville Woman's Club
14 S. Washington
Naperville, IL 60540**



Sponsored by the Naperville Seventh-Day Adventist Church

**Foods for
Thought!**



Can your food really affect your mood?

You are what you eat. Did you know that healthy food choices can improve your mood, help you think better, lower your stress, and reduce your risk for dementia? Making a few simple but powerful diet and lifestyle choices can help your mental engine “purr” instead of “ping.” Not only that, you can lower your risk for deadly lifestyle diseases such as heart disease, obesity, cancer, and diabetes, and beat powerful food cravings. At the Foods for Thought® Seminar coming to your area soon, you’ll 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 & clearly
- Improve mood & memory
- Lose unwanted pounds

What makes these seminars so effective?

People all over North America have discovered the secrets to better thinking and better mood at a Foods for Thought® Seminar, one of the LifeStyle Matters® Simple Solutions® series. Now, you can learn those simple secrets, too! What makes these LifeStyle Matters® Foods for Thought® Seminars so effective and popular?

- Four dynamic, informative 2-hour sessions
- Learning the facts from the latest research on how nutrition affects mood, memory, learning, and behavior
- Tasting delicious recipes during each session
- Colorful, information-packed workbook
- Stimulating video presentations
- Personalized, interactive break-out sessions

Heart disease? Diabetes? Stroke?

Here’s something else to remember! Research shows that the lifestyle choices you’ll learn to make at the Foods for Thought® Seminar can lower your risk for heart disease, diabetes, stroke, cancer, and high blood pressure, too—and that will improve anyone’s mood!

It may also increase your children’s ability to learn and get better grades in school. No pills. No restrictive diets. No club memberships. Just common sense endorsed by science. And anyone can afford it. How much does the seminar cost? Less than you’d pay for a dinner for two. So why wait? Don’t let mood swings and a bad memory ruin one more day! Register for the life-changing LifeStyle Matters® Foods for Thought® Seminar today. Just follow the simple directions on the back page.

Another in the Simple Solutions® Seminar series.

"Because of this seminar, I've lost 10 pounds and my son's ADHD has greatly improved."
– Natasha



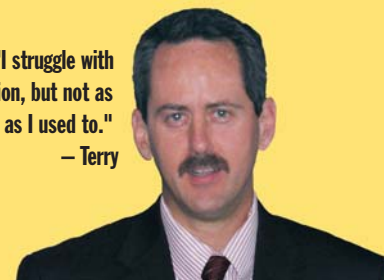
"My memory has never been better and it's because of what I learned in the program."
– Eric



"The changes I made have helped me to be much more patient with my family."
– Kris



"I struggle with depression, but not as much as I used to."
– Terry



"Mentally, I feel much brighter and I have much more energy!"
– Bessie



This seminar could change your life, too!
Register now and find out.