



LIVING BETTER EVERYDAY

JULY 23RD-25TH
HEALTHY MIND & HEALTHY BODY

7PM TO 8:30PM

- ▶ July 23 • “Staying Sane Amidst Insanity”
 - Fields and Fields Treatment Ctr.
- ▶ July 24 • “#metoo, let’s deal with it”
 - Leah Burgess
- ▶ July 25 • “Diabetes, Opioids, Heart Disease”
 - ▶ “Healthy Eating for Every Condition”
 - Taming the Lions Devouring our Communities”
 - Various professionals
 - ▶ “Battling the Opioid Epidemic in our Community” • Law Enforcement

GLENRIDGE SDA CHURCH

5501 MARLBORO PIKE

DISTRICT HEIGHTS, MARYLAND

FOR MORE INFORMATION CALL 301-420-1920

OR VISIT WWW.GLENRIDGESDA.ORG



**LEAH
BURGESS**
PRESENTER