

Lessons for Healthy Living

20



Biblical Principles to Revolutionize Your Health

24 Life-Changing 20-Minute Modules to Nourish Your Body, Soul & Spirit

AVAILABLE AT FPEA CONVENTION

- 10 DVD Box Set with 11+ Hours of Video Teachings
- Free Online Membership Access
- Including: Video Recordings and MP3 Audios of All Lesson Modules, PDFs of All Lesson Slides,
- Bonus Teachings, Updates & More...

You Can Do This!

For More Info About: Lessons for Healthy Living, FPEA Special Offers, & Where to Purchase DVD in the Convention Expo:



Scan to learn more.

LessonsForHealthyLiving.com/FPEA

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FPEA LEADERS FORUM

FPEA
SOCIAL MEDIA
SUMMIT

A CONFERENCE
FOR BLOGGERS

Thursday, May 22

MINISTRY ROOM

Personal prayer and counsel to maximize your FPEA experience.

Friday, May 23 • Naples Room

- 10:00 am to 10:30 am
- 11:20 am to 12:25 pm
- 5:50 pm to 7:00 pm

WORKSHOP

First Things First: Making God's Curriculum Your "Common Core"

with Drs. Jeff & Andrea Hazim

Friday, May 23 • Naples Room

Two Convenient Times:

- 10:30 am
- 5:00 pm

WORKSHOP BONUS!

Exclusive giveaways and discounts!

YOUR Healthy START to the Homeschool Convention

LEARN HOW TO:

- Meet your goals
- Stay healthy and vibrant
- Receive prayer and counsel
- Get discounts and giveaways
- Enjoy yourself

FPEA
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Scan to download this guide!

Nourishing Body, Soul & Spirit

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A HEALTHY PERSPECTIVE

Biblical Health Television welcomes you to FPEA — Florida's premier home school convention! You've invested your time and resources to be here, so make sure to take these steps to stay healthy and vibrant while you're here (and when you get home):

- **First:** Consider that a Biblical perspective on health includes your body, soul, and spirit.
- **Sleep:** Don't stay up late, so you can awaken with plenty of time to give the first fruits of your day to the LORD in prayer and His word.
- **Hydrate:** Drink plenty of water (half your body weight in ounces). Dehydration leads to fatigue and brain drain, which equals lack of stamina, concentration, and retention.
- **Breakfast:** Stay away from carbohydrate foods, like cereals, breads, pastries, muffins, and sugar. They will make you crave sugar all day and make you extremely sluggish.
- **Eat Right:** Lots of living food like fruits and veggies; and snack on raw nuts and seeds to stay full and for healthy fat and protein.
- **Exercise:** Even just a short brisk walk and a few pushups will pump you up for the day ahead! Strolling the exhibit hall may get tiring, but it's not exercise!
- **Wear:** Comfortable clothes and bring along a warm cover-up in case you end up in a room with extra cold A/C.
- **Feet:** Supportive and comfy footwear is also a key. Achy feet will ruin your day!
- **Refresh:** Enjoying fellowship with like-minded individuals is wonderful for your soul and spirit. It is very healthy to know that you belong to a group and are committed to things bigger than yourself.

HOW TO MAXIMIZE YOUR CONFERENCE EXPERIENCE

- Determine and write down your general and specific goals, and review the list often to stay on track. Plan to succeed; don't just "wing it"!
- Know your limits and pace yourself so you don't get overwhelmed (think "marathon", not "sprint").
- Ask lots of questions and take lots of notes (or you WILL forget important info).
- Socialize and make new ADULT friends, not just playmates for your children.
- Expand your horizons: Attend at least one workshop on a topic about which you know practically nothing.
- Set a spending budget, purchase priority items first, and don't wait to buy everything at the end in a rushed panic.
- Attending with a spouse and/or older children: Take counsel with each other; consider splitting up at times to cover more ground (expo and workshops).
- Be flexible and have fun; enjoy your entire conference experience, even the challenging stuff.
- Don't get so busy that you forget God. Seek His guidance (even in the "small things"), and look for opportunities to minister to others!

Present this Flyer at our
Workshop to receive a
FREE GIFT
(first 100 at each workshop)

MINISTRY ROOM

Friday, May 23 • Naples Room

- 10:00 am to 10:30 am
- 11:20 am to 12:25 pm
- 5:50 pm to 7:00 pm

Parents... Are you overwhelmed with homeschooling and all its decision-making? Do you need to be refreshed and energized as you prepare for another year of training up your children? Join with Christian homeschoolers to seek God's heart and mind for a successful, uplifting, Spirit-guided FPEA convention.

Come get the personal prayer and counsel you need to maximize your FPEA experience!



with Drs. Jeff & Andrea Hazim

WORKSHOP

First Things First: Making God's Curriculum Your "Common Core"

Friday, May 23 • Naples Room

Two Convenient Times:

- 10:30 am • 5:00 pm

You've already set your family apart by educating at home; but what about life's other big decisions like food choices, relationships, finances, and health care?

Doesn't God have a Biblical "curriculum" for everything we do?

Get equipped and empowered with practical lessons for healthy living to revolutionize your family in Body, Soul, and Spirit!

WORKSHOP BONUS!
Exclusive giveaways and discounts!

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