

EAST JAMAICA CONFERENCE (EJC) HEALTH MINISTRIES DEPARTMENT
PROMOTIONAL INFORMATION
HEALTHY LIFESTYLE RETREAT

REGISTERING APPLICANTS NOW!!

i) **Date and Time:** March 14 – 16, 2025

ii) **Venue:** Golden Acres, Golden Spring, St. Andrew

iii) **Registration Fee:** SDA & Non-SDA – \$15,500.00

N.B: The package includes the training programme brochure, training Certificate, vegetarian/vegan meals. You are responsible for your transportation to and from the Retreat.

iv) Who should attend?

- i) Seventh-day Adventists (SDA) and Non-Seventh-day Adventists (Non-SDA) who are interested in a blend of teaching on nutrition and practicum of using the knowledge of nutrition to prepare healthy vegetarian/vegan meals that will provide a platform for developing and maintaining a healthy lifestyle.
- ii) Health Ministries Leaders in our churches.
- iii) Adventist Health Volunteers Association (AHVA) members
- iv) Chefs in our SDA schools, Non-SDA schools and companies who need to improve their knowledge and culinary skills in preparing healthy, tasty and nutritious vegetarian and vegan meals.
- v) Persons (with or without vegetarian or vegan meal preparation experience) who are sponsored or not, want to learn this craft and to enhance their quality of life and health.
- vii) Persons who want to learn and grow from making the connection between diet and lifestyle, Non-communicable diseases, (NCDs).
- viii) Health conscious persons (SDA & Non-SDA) who want to know more about reversing NCD/Lifestyle diseases.
- ix) Other persons (Adventists and Non-Adventists) who want to improve their health and to help others to do so.
- x) Family, relatives and friends

Registration Deadline: Friday, March 7, 2025 at 12 noon

Registration Options: Online registration at the EJC website or application forms available at the Health Ministries Department (now located in the Resource Centre).

- Award:** Certificate of Participation (for persons who miss some sessions)
Certificate of Completion (for persons who attend all Training sessions)
- Note:** Participants are expected to comply with all the requirements of the Retreat.

Main Objective: To share with and show trainees how lives can be transformed through health and wholeness, and their role in this process of transformation.

Other Specific Objectives:

- i) To train and equip trainees/participants to use the knowledge gained in the training to improve their own health conditions as in preventing or reducing NCDs/Lifestyle diseases.
- ii) To encourage trainees/participants to share the health information gained at the training with other persons that will help to reduce/reverse their NCDs/Lifestyle diseases.
- iii) To share with participants/trainees the importance of using the health information to glorify God in their bodies.

SPECIAL NOTE:

- i. All registrants should make every effort to be on time for the official start of the Retreat at Golden Acres on March 14.
- ii. All registrants are required to take along with them to the Retreat the following items:

Appropriate clothing and bed linen (including sweater, blanket, church wear, exercise wear), plates, cups and utensils, bath towel, wash rag, bath soap/gel, toothbrush, toothpaste and all other items for your comfort. Please take your medication, if needed.
- i) Individuals will be asked to carry materials for the practicum meals preparation.

Method of payment

- 1. EJC Cashier
- 2. Online payment information:
Bank of Nova Scotia, Half Way Tree
Account Name East Jamaica Conference
Branch code 60145, account # 53511

Please send your proof of payment to cashier@ejcsda.com; state the name of the person(s) you paid for, what you paid for and the amount you paid. We look forward to your overwhelming support to both