

Come Hear The Video Health Lecture



Save Your Life With The Optimal Diet By Dr. Hans Diehl, DrHSc, MPH, FACN

April 24, 2021 at 3 p.m.

**Plant-Based Video Cooking Demonstration
After The Lecture by Chef AJ
Recipes For Everyone**

Free • Everyone Is Welcome!

**Register at www.GetHealthy.LA • cafchurch@gmail.com
Enjoy the Video Lecture &
Video Cooking Demo at www.GetHealthy.LA**

Sponsored by Community Adventist Fellowship Church
695 W. Sierra Madre Blvd., Sierra Madre, CA 91024

