



## **OCTOBER 5 & 6, 2019**

# **HEALTHY LIVING**

### **Every Man, Woman, and Child is Entitled to Good Health**

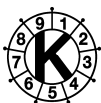
If you desire health and happiness, you must understand yourself, to establish your mind upon a proper plane of thinking, and to look always for cause. Fear plays one of the greatest parts in the drama of health versus sickness. If you could but know that the great divine power that gives life also provides the answers to all human errors and problems, health notwithstanding.

We will share with you the interconnection between the mind, body, and spirit and how balance in mind leads to joyful living and abundant health. You will appreciate the value of a balanced name for a healthy mind and body, daily deep breathing for vitality, and the importance of happiness and laughter. You will understand how to apply mental focus and relaxation to build energy in mind and body. Create peace by using the deep rhythmic breathing.

Experience the harmony and confidence of knowing at last you have the resources and motivation to achieve greater harmony, happiness, and life-long good health. Happy thoughts are healthy thoughts!

The weekend seminar includes video presentations, personal instruction, and interaction with assistants in a work group setting. Delicious meals are provided.

Call Dhorea Delain or Don Maxwell at 866-489-1188 (toll-free in North America) or 604-263-9551 (local and international) to register.



**Maintain Life-Long  
Good Health**

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**Your Thinking  
Affects Your Health**

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**Eat Living Foods for  
a Healthy Body**

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**Energize with Deep  
Breathing and  
Relaxation Exercises**

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**Be Happy. Laugh!**

### **SOCIETY OF KABALARIANS OF CANADA**

1160 West 10th Avenue  
Vancouver, BC V6H 1J1

To register, call 866-489-1188  
or 604-263-9551

Or email:  
Info1@kabalarians.com

Seminar dates and times:  
Saturday and Sunday,  
October 5 and 6  
8:30 to 4 pm