

Sunday

DIETARY PREPARATION FOR HARD TIMES

A Medical Missionary Event: Cooking, Nutrition and Natural Remedies

Date: _____

Including:

- How to Grow Sprouts, Micro greens and Wheatgrass
- Delicious and Nutritious Fresh and Raw Meals
- Simple & Satisfying, Inexpensive & Easy Cooked Meals
- Natural Remedies: Including Hydrotherapy, Poultices and Packs
 - Natural Pain Management
- Book Sale! Health & Medical Missionary Supplies & More

Comments on Previous Classes

- "The Class was superb. The best I have attended."
- "Shorter's sample dishes, unbelievably delicious."
- "I enjoyed your cooking class very much. It has changed my life..."
 - "Cooking Class was my favorite segment of the weekend" (Northeastern Conference (NY) Family Life Retreat!)
 - "Could you please come and put on classes in my church? I also wanted to know how to purchase your books." (health manuals) London, England
- "Foods that use to tempt me before, I have absolutely no desire for now that I understand what I am actually putting into my body. I feel great!"



**Homeward
Publishing
Ministries**

"We're Almost Home!"

Speaker: Gwen Shorter; Medical Missionary
Plant-Based/Raw Chef, Author & Publisher
Director of HomewardPublishingMinistries.com
Your Revival and Reformation Bookstore since 1993
Your Medical Missionary Resource Center since 2018

Church: _____ TIME: _____

Address : _____

Sponsored By: _____

Phone: _____

Email: _____

Be revived, refreshed, challenged, determined and prepared to meet your Maker in peace!

P.O. Box 1200, Priest River, ID 83856 • homewardpublishingministries@gmail.com • 1-800-823-0481