

ing... and a spring housecreaming job here on Wednes- We had some beautiful days again this week. Had a day. What would we do without the church and friends? thunderstorm on Thursday evening and was colder on Fri-

## SEMINAR ON MENTAL WELLNESS

A non-toxic approach to anxiety, nervousness, obsessive compulsive behavior, emotional distress, autism, attention deficit disorder, bipolar effective disorder and depression.

Several research studies by medical professionals have supported the decade long observations that "EMP" (a food for the brain) helps people overcome mood disorders.

Empowerplus™ is a nutrient developed to correct the unique imbalances and deficiencies associated with mental illnesses, such as bipolar effective disorder and depression. It gives the brain what it needs to repair itself and function normally. It has helped thousands of people with these illnesses lead normal lives without medications.

Anthony Stephan and David Hardy, Co-founders of True Hope® Nutritional Support LTD will be presenting research findings on Micronutrients for Treatment of Mental Health Disorders.

### SCHEDULE FOR TRUE HOPE® MEETINGS

Wednesday, April 28, 2010 • 9:00 AM to 7:00 PM • Contact: James Hostetter at 660-684-6300  
Along Highway 90 in Jamesport, MO • Lunch and Dinner Available

Friday, April 30, 2010 • 9:00 AM to 3:00 PM • Contact: John Brubaker at 715-229-2851  
Horst Stables • N 13653 Cty. Hwy. (3 miles south of Thorp) Thorp, WI 54771 • Lunch Available

Monday, May 3, 2010 • 9:00 AM to 3:00 PM • Contact: the Miller's at 717-768-7582  
Miller's Natural Foods • 2888 Miller Lane • Bird-in-Hand, PA 17505 • Lunch Available

May 5, 2010 • 9:00 AM to 3:00 PM • Contact: Robert Kirtz at 440-477-7977  
Melvin W. Beiler • 10113 Creaser Rd. • Orwell, OH 44076 • Lunch Available

Friday, May 7, 2010 • 9:00 AM to 3:00 PM • Contact: Marvin Shutzman at 217-543-3830  
Monday, May 17, 2010 • 9:00 AM to 3:00 PM • Contact: Marvin Shutzman at 217-543-3830  
Otto Center 1/2 mile south of Aurlur, IL on right

Watch upcoming issues for more details about some of these locations.