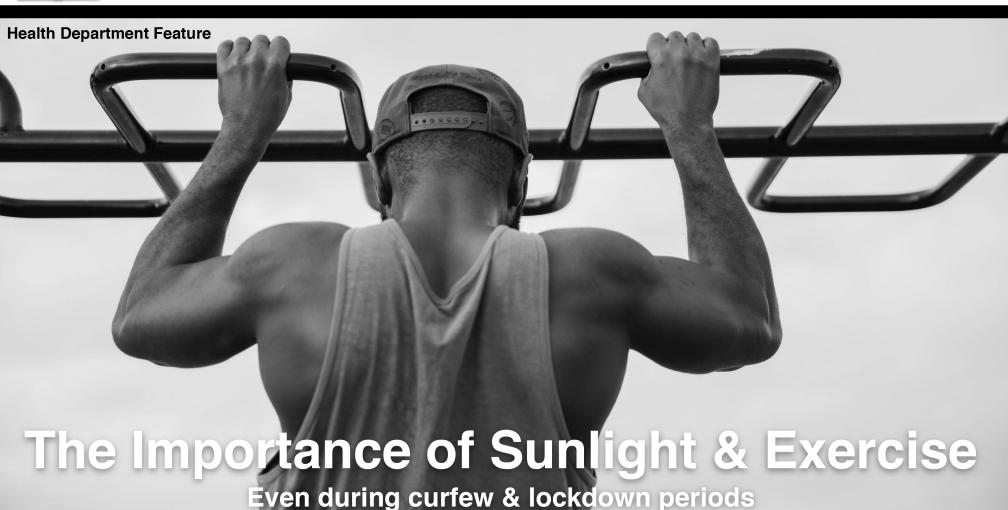


ADVENTIST NEWS

South Bahamas Conference: Serving Islands in Central to South Bahamas website: www.southbahamasconference.org | phone: (242) 341-4021

CABLE 658 **ADVENTIST TELEVISION**



The sun provides life-giving properties and many health benefits not just for plants but for people as well, including:

- reducing heart disease
- lowering blood pressure
- preventing diabetes
- reducing the risk of some cancer
- promoting bone growth as well as strengthening the immune system.

Exercise is also an important part of healthy living and healthy

Thirty (30) minutes of moderate-intensity physical activity at least five (5) days a week is recommended. It is important to stay active in order to maintain strength, balance, endurance and flexibility; as well as strengthening the immune system and maintaining fitness.

So, find creative ways to get in the recommended amounts, even if broken up into intervals. Exercising at home, with appropriate exercises and guidance, is generally safe and healthy for most people.

Therefore, you are encouraged to get adequate sunlight and maintain a regular exercise program even during curfew and lockdowns because it is vital to your health.

Written by -Mrs. Jorjette Bain, Assistant Health Ministries Leader. Philadelphia Seventh-day Adventist Church



UPCOMING EVENTS Health Week

September 12 - 17, 2020

We are extending a special invitation to you, our community friends, to join us as we celebrate our Health Week. There are a number of events that will be held online that you, your families and friends can take advantage of.

Let's Get Healthy Bahamas!

September 12 Health Emphasis Day under the theme: 'Health Leaders Pivoting for Ministry' Speaker: Dr. Angeline David Brauer, Health Ministries Director, North American Division of Seventh-day

Adventists. Time:11:00a.m via Zoom: 333819151 September 12 Seminar 6:00p.m. Topic: 'The Whole You' Panel Discussion with Dr. Joseph Evans, Urologist, Dr. Idamae Hanna,

Nutritionist, Dr. Yashica Seymour, Pediatrician, Dr. Stephanie Hutchinson, Licensed Clinical Psychologist, and Dr. Vanessa Miller, Gynecologist. Come and get your health questions answered.

Via Zoom: 734017448

September 13 Atlantic Caribbean Union (ATCU) Health Seminar. Topic: The True Foundation of Health. Facilitators: Dr. Mark Sandoval, Medical Director and Ashwin Sukumaran, Lifestyle Practitioner - Uchee Pines Institute, Seale, Alabama.

'Let's Move to Live' Virtual Fun Run Walk. October 4th, 6:00a.m - 7:00p.m. October 4

Come join in the fun and get moving! Walk in your yard, house or your neighborhood (if permitted). Once you complete your walk/run take a screen shoot and upload it to South Bahamas Conference of Seventh-day Adventists Health Ministries Facebook Page. Churches are encouraged to wear their church colours when walking. Companies can wear their shirts. We just want you to MOVE! For more information, message us on our Facebook page. The official opening will be held via zoom.

WATCH HERE FOR ADDITIONAL INFORMATION ON THESE EVENTS.

- Mrs. Nathelyn LaCroix, Health Leader, South Bahamas Conference of Seventh-day Adventists.



Connect with us on www.southbahamasconference.org for events

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South Bahamas Conference of Seventh-day Adventists





CHURCHES IN NEW PROVIDENCE

Adelaide

Agape Bethany

Berea Bethel

Breath of Life Centreville

Ebenezer

Ephesus

Francophone

Gambier **Good News**

Grant's Town

Hillview

Johnson Park La Senda De La Vida

Living Faith

Maranatha Message of Hope

New Englerston

New Haven

New Providence Peardale

Philadelphia

Real Harvest

CHURCHES IN FAMILY ISLANDS

North Andros Churches Lowe Sound Red Bays Company Central Andros Company

South Andros Churches Kemp's Bay **Blessed Hope** High Rock New Macedonia

Mangrove Cay **Cat Island Churches**

Seaview Devil's Point

Crooked Island Church Landrail Point

Eleuthera Churches Bluff **Gregory Town**

James Cistern Rock Sound **Tarpum Bay**

Exuma Churches Mount Thompson Moss Town Rolleville

Long Island Churches Steven's

Millerton **Inagua Church**

Matthew Town

Acklins Church Lovely Bay

San Salvador Church Cockburn Town

Everyone is invited to attend the nearest Seventh-day Adventist Church this Saturday. Sabbath School (Bible Lesson Study) starts at 9:15 a.m. Divine Worship Service (with the Preaching of the Word) begins at 11:00 a.m. Adventist Youth Hour (one hour before the sunsets on Saturdays) For the church listing, call our Conference Headquarters on Tonique Williams Darling HWY. at (242) 341-4021, or visit the website www.southbahamasconference.org.