

**New York Annual Conference**

**“Abundant Health Day”**

**Saturday, October 28, 2017**

**9am to 3pm**

(Healthy snacks and lunch will be provided.)

**NYAC Conference Center**

20 Soundview Avenue

White Plains, New York 10606

(914 997 1570)

**Plenary Sessions**

**NYAC Abundant Health Goals**

**Creating NYAC Abundant Health “Days” and District “Expos”**

**Creating Local Church and Community Health Ministries**

**Fitness Activities**

Liturgical Dance

Stretching

Zumba

**“Body, Mind, and Spirit” Workshops**

Children’s “Abundant Health” Activities

Community Gardens

“Days for Girls” Ministry

Drug Awareness – Addition and Recovery – Love Heals

Emotional and Spiritual “Care Team” Opportunities

Move 2 Empower Fitness

Nutrition and Healthy Eating

Pastoral Care Ministries

“Seeds of Hope” Seniors Ministry

“Strengthening Families” Program

**Registration: [www.nyac.com](http://www.nyac.com)**

**For further information, please contact Wendy Vencuss at:**

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