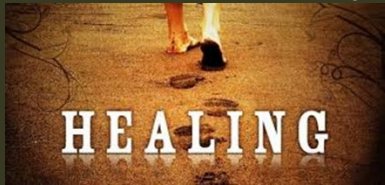


# Health Retreat

His love, touch, healing and life is our remedy



23 –25th  
March



Dr Fred Hardinge  
General Conference



Kevin Price  
Health Director  
South Pacific Division

Orana Camp  
Roches Beach

## Location

The 2018 Health Retreat is being held at Orana Camp  
146 Roches Road, Roches Beach  
23—25 March  
Accommodation consists primarily of bunk rooms  
sleeping up to eight people. Linen and blankets are not  
included.

## Arrival & Registration

Registration will begin at 5 pm on Friday and the  
Retreat concludes Sunday morning.

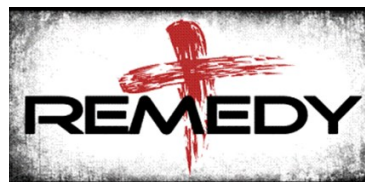
## Further Information

For more information please contact Natasha Jordan.  
natasha\_esch@westnet.com.au  
0428 542 374

## Returning Application Forms

Make cheques out to:  
Health Retreat: Seventh-day Adventist Church (Tasmania)

Post application forms to:  
Health Retreat, P.O. Box 253, MOONAH TAS 7009  
Email application forms to: wendyscott@adventist.org.au



## Application Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Special Dietary Requirements

Cost (please circle)

Full weekend ..... \$120

Day Visitor (includes lunch only)..... \$40

I would like to room with: \_\_\_\_\_

Accommodation Requirements



### Payment details (Please circle)

Cheque      Money order      Credit card

Cash

### Write cheques out to:

'Health Retreat Seventh-day Adventist Church'

### For Credit Card payment

Total amount enclosed/ to be debited \_\_\_\_\_

Credit Card details:

Number on Card

\_\_\_\_\_

Expiry Date \_\_\_\_/\_\_\_\_ CVV \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_



## What to Bring

Bible

Bedding (pillow, pillow case, fitted sheet and doona or sleeping bag)

Towel and toiletries

Walking shoes

Comfortable clothing

No perfumes please

## Program Highlights

- *Sleep, Fatigue, and Degenerative Diseases*
- *Spiritual Consequences of Fatigue*
- *Essentials of Health Ministry*
- *Finding Balance in an Unbalanced World*

Sunday our inaugural public health expo:

- *Diet for a lifetime*
- *Forward together*

### Workshops

*Stress & Ways to Reduce and Manage Stress - Kevin Price*

*The Benefits & Opportunities of CHEP - Sibilla Johnson*

### Health Reports

1. *Health Outreach Programs that have been utilised in the SPD*
2. *New Health Outreach Programs*
3. *CHEP - How it has been successful throughout the SPD*

## Fred Hardinge

For more than 35 years, Dr. Hardinge has been communicating the message ***"Your choices can lead you to be more healthy and productive!"*** to a wide variety of audiences. His background includes pastoring, academic teaching, community health education, corporate training and consultation, administration and private health counselling. He is known internationally as a creative educator and motivational speaker.



## Kevin Price

Kevin has been a church pastor, Pacific missionary, director of multiple church departments, hospital chaplain, counsellor, executive coach, management consultant, health educator, promoter and administrator. He was most recently the Director of Adventist Health for the South Pacific region and now serves as a consultant in health issues for the South Pacific Division of the Seventh-day Adventist Church.



## Sibilla Johnson

Sibilla has a B.Sc. Nutrition and is passionate about sharing the health message. She was the manager of the Victorian branch of the Sanitarium Nutrition Education Service between 1998-2015 and also conducted health training programs in the Pacific Islands during that time. Sibilla is the trainer for Certificate IV in Presenting Community Health Education Program (CHEP) from 2006 and the Diploma of Community Health Education from 2011.

