



## Six Easy Steps for Getting Started

Conducting your own **Lifestyle Matters** seminar is a unique, rewarding, and exciting experience. Your seminar can be held for large or small groups, or in formal or informal settings, online or in-person. The following steps will help you get started:

1. Check out the **Balanced Living**, **Living Free**, or **Quit Nicotine** series for a handy, easy-to-follow Facilitator's Guide.
2. Purchase the **Lifestyle Matters** programs of your choice. **Living Free: Finding Freedom from Habits that Hurt; Balanced Living; and Living Free: Quit Nicotine** can be used in any sequence or as stand-alone programs. All three of these seminars can be purchased in editable versions, in English and Spanish. Each of the seminar series comes with scripted PowerPoints, Session Summary and Discussion Guides, and handouts. Visit the **LifestyleMatters.com** store or call **Advent Source** at 800-328-0525 to order.
3. Visit **LifestyleMatters.com** to access **free** versions of the **Balanced Living** series in English and Spanish. Each of the 26 topics come with a scripted PowerPoint, Session Summary and Discussion Guide, and handouts. Read the Facilitator's Guide to choose how to plan your program. The **Balanced Living** series is also divided into three suggested seminar series of 7 presentations each.
4. Choose your helpers, and have them review the Facilitator Guide and session materials.
5. Follow the easy **Facilitator Guide** instructions for program planning and advertising. We encourage you to utilize **Balance** magazine as part of your community preparation or program follow-up. You can run a **LIVING FREE** program with viewable episodes instead of using PowerPoint. **HOPE CHANNEL** has produced a thirteen-segment **LIVING FREE** video series that you can access through the **LifestyleMatters.com** website. Check under **FREE RESOURCES** to access the videos and materials.
6. Purchase the suggested participant books, **Balanced Living Tracts**, and other materials you choose to make available at your seminar

## 12 Reasons Why You Should Use Lifestyle Matters Materials

### Our Programs and Materials:

1. Use a **whole-person wellness** approach emphasizing mental, physical, and spiritual health.
2. Are **scientifically sound**, evidence-based, basic, and balanced.
3. Combine **practical tools** for lasting success with God's love and power to change lives.
4. Are **concise, fun, flexible, easy to host**, and convenient for busy schedules.
5. Are **inexpensive** to conduct and attend.
6. Include **edible PowerPoints** to tailor presentations to your audience.
7. Are **adaptable for any group size or need**; from one-on-one in the home, group meetings, supper clubs, and professional presentations.
8. Are designed to **promote personal interaction** using a variety of tools including scripted, editable Power Points; interactive breakout sessions, handouts, and session summary and discussion guides.
9. Meetings promote an **atmosphere for lasting friendships**.
10. Can be **used to compliment other meetings** and health intervention programs.
11. **Balanced Living Tracts** and **Lifestyle Matters books** are a colorful, inexpensive compliment to the Summary and Discussion Guides and handouts.
12. **HopeSource** has partnered with **Lifestyle Matters** to provide top notch marketing and advertising materials to successfully promote your event.