



“So whether you eat or drink or whatever you do, do it all for the glory of God.”

I Cor. 10:31



Health Ministries
Victoria SDA Church

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Join us for Fun, Fitness and Healthy Eating

Everyone Welcome!

Heartbeat Health Club

Get healthy together and encourage each other to be the person God wants you to be.

Our meetings involve cheerful and joyful fellowship while learning how to live a healthy lifestyle.

Meetings are held on the second Sunday of the month at Lakeview Christian School, 729 Cordova Bay Road from 9:00 - 11:00 a.m.



Eat Healthy!

Get Fit!

Be Happy!



- * Keep Moving Forward with Healthy Habits
- * Join a Cheerful Support Group
- * Enjoy Happy Healthy Breakfasts
- * Participate in Fitness Challenges
- * Learn about Nutritious Eating
- * Be Involved in Happy, Harmonious and Healthy Discussions
- * Meet our Guest Speakers
- * Get General Information on Fitness & Health
- * Delight yourself in Food Demonstrations
- * Choose to live with a Cheerful Heartbeat
- * Progress Physically, Mentally, Spiritually & Socially.