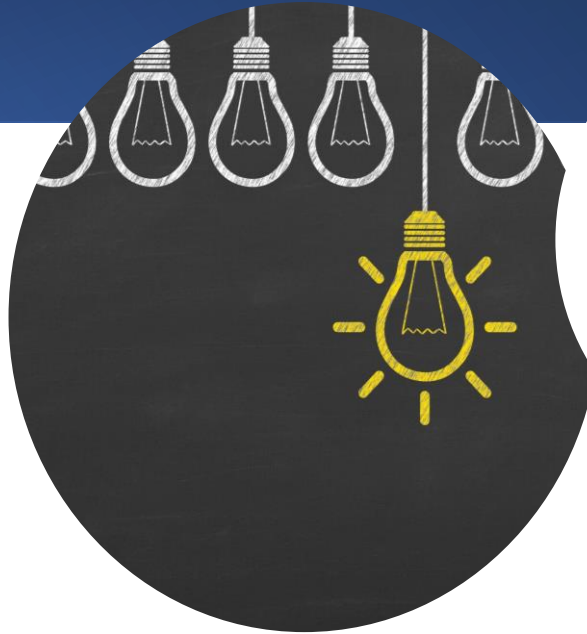


# Health by Design USA Inc. (HBD)



**Community Outreach Activities 2023**

**RESCUED BY**

# Love

**Hope and Healing for  
Families and Community  
October 28-November 11, 2023**

**Event Location:**

Winter Garden SDA Church  
1146 E. Plant Street | Winter Garden, FL 34787

Join us for a family-focused, gospel filled time of spiritual, mental, and physical refreshing and healing through music, healthy lifestyle screenings, and presentations, children's programs, and preaching of the WORD!

**Special Features Include:**

- Community Health Fair - October 14
- Opening Night - Gospel Music Fest
- Nightly Health Screenings & Presentations by
- Health by Design & SEC Health Ministry

**Children's Program Includes:**

- Nightly - Music, Bible Stories, & Crafts
- Wednesday - Tutoring and Pizza-Reading & Math
- Registration Required

**Topics Include:**

- The Most Famous Love Letter
- Thirst for Love
- Finding Forever Love
- The Greatest Love Celebration: Get YOUR Invite!

**Call for  
Transportation:  
(407) 625-3215**

PRESENTER

**EVANGELIST PAT PATES**

INTERNATIONAL SPEAKER



Evangelist Pates is an internationally known inspirational speaker who enjoys answering God's call to share His Love through scriptures and personal testimonies. A preacher, educator, trainer for over 40 years, she has been blessed with opportunities to preach, teach, and present across the United States, as well as internationally, in Canada, England, France, Germany, Senegal, Ghana, Nigeria, Jamaica, St. Lucia, and Trinidad. She invites you to join her for a two-week celebration of *Rescued By Love!* An exciting journey filled with messages of hope exploring God's Extravagant LOVE!

HBD provides  
Health  
information.

**Be Well for Life.**

**HBD provides  
Health workshops  
for several  
evenings in  
succession.**

**HBD offers Hot Tea—and**

Health and Nutrition  
Information

- **Be Well for Life**





# The Health Benefits of TEAS









Time  
For  
TEA

Health  
By  
Design

HEALTH  
BY DESIGN  
USA, INC.  
DESIGNED TO HELP YOU  
LIVE A HEALTHY LIFE

HEALTH  
BY DESIGN  
USA, INC.  
DESIGNED TO HELP YOU  
LIVE A HEALTHY LIFE

INTRODUCTORY  
NUTRITION  
HEALTH & QUALITY







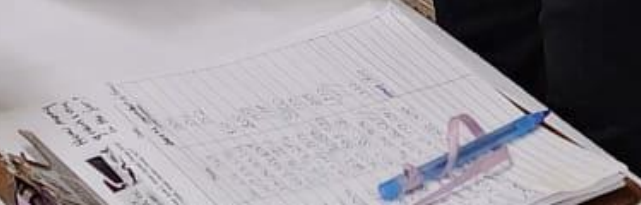




HEALTH by DESIGN  
Design your own destiny!

HEALTH by DESIGN  
Design your own destiny!

Time  
For  
TEA











Some teas help with relaxation and sleep









Tea can be a stimulant





Some teas are  
for cleansing  
and  
detoxification

- Some teas aid in digestion





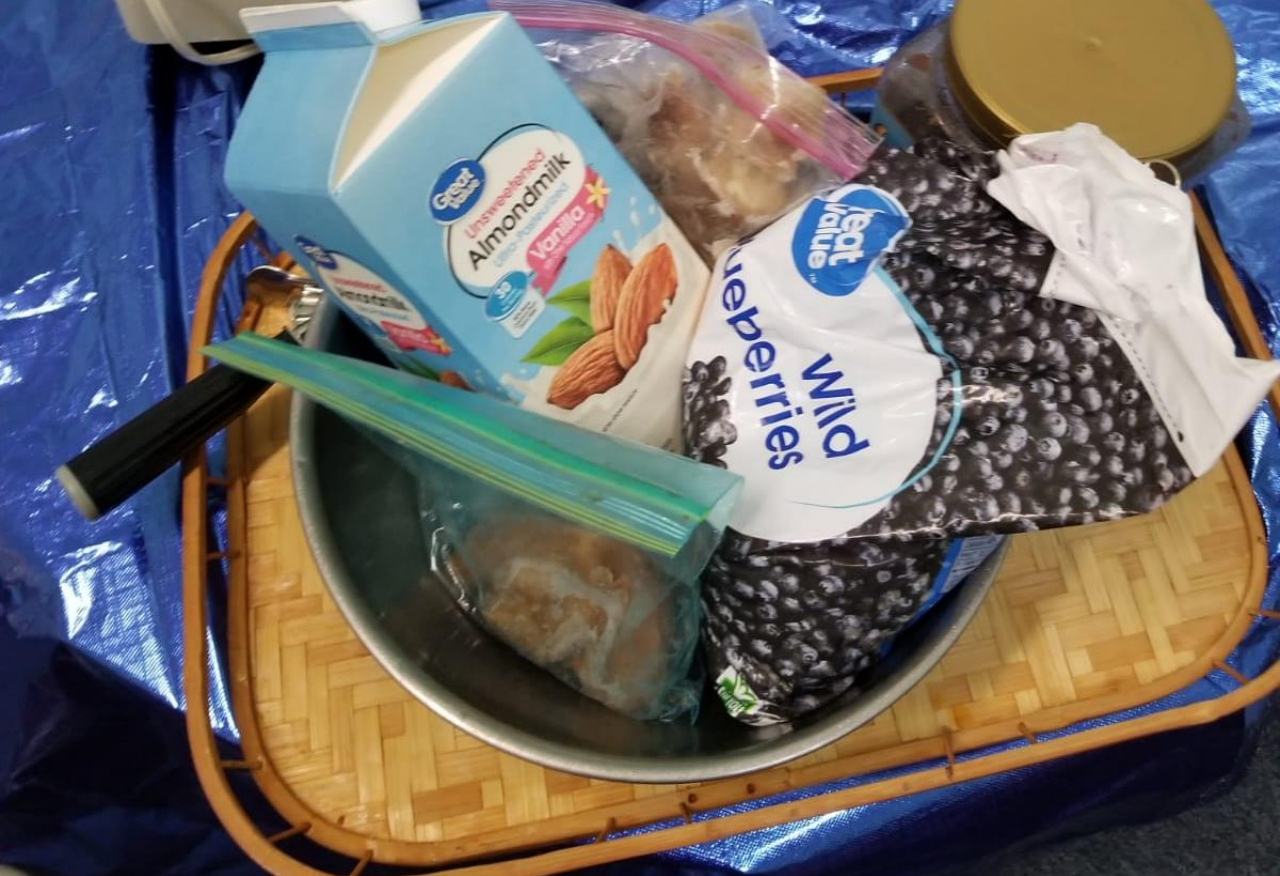
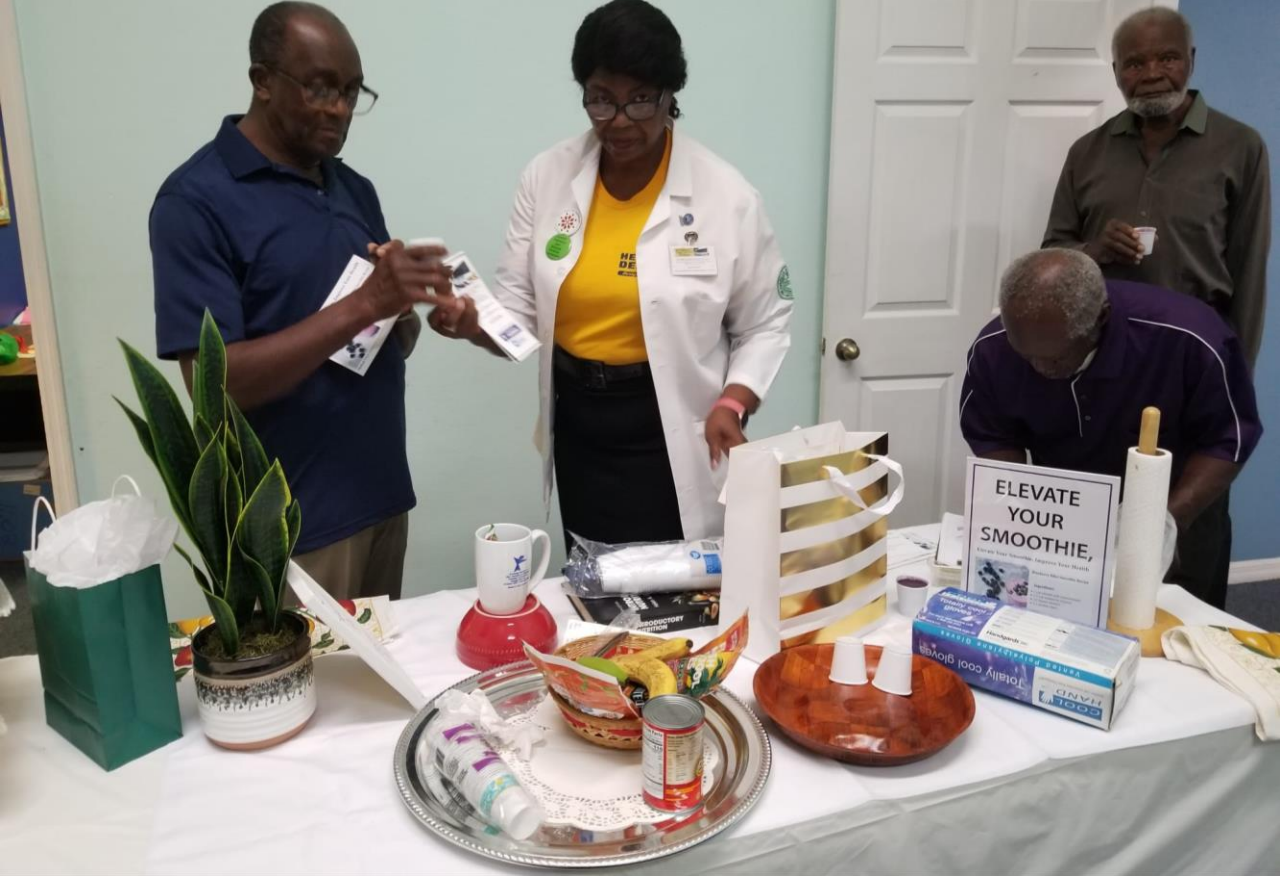




# Nutritious Smoothies









# Elevate Your Smoothie, Improve Your Health

## Blueberry Blitz Smoothie Recipe

### Ingredients:

- 1 cup almond milk (unsweetened).
- 1/2 cup blueberries (frozen).
- 1/2 banana (frozen).
- 2-3 seedless dates.

**Method:** Place ingredients in a blender, blend until smooth, Serve and enjoy



Add fresh fruits-for nutrition and fiber



**FREE HEALTH  
SCREENING**

**FREE  
BLOOD**

**PRESSURE CHECK**

**FOCUS ON YOUR HEALTH!**

Hypertension is called “The Silent Killer” Come get your blood pressure check now!



**Trained Health Professionals**  
**SATURDAY, OCTOBER 21, 2023**  
**Begins at 4:00 PM**

Designed by KUOMagazine.com



**Visit Us At:**

**Lukas Community Store**  
**1351 East Bay Street**  
**Winter Garden, FL 34787**

**Check your blood pressure**  
**and get a Free blood**  
**pressure montitor,**  
**if you qualify.**



**HEALTHY  
WEST ORANGE**

**Reserve Your Spot Now**

Call (407) 745 9851 or sign up at the store.

Register at: [www.HealthByDesignUSA.org](http://www.HealthByDesignUSA.org)

**In partnership with Foundation For A Healthier West Orange**







# PINK for Breast Cancer Awareness!









# Health By Design Doing Blood Pressure Checks





**HEALTH BY DESIGN**  
*Sponsored by the people, for the people.*  
407-745-9851  
healthbydesignusa.org



Health by Design participates in the East Winter Garden Health Fair with WELLNESS BUS







# Health by Design at Community Health Fair





# Free Health Information and FOOD

- 









# Food and Clothes Give-Away







Good Mornings..

*In these difficult times,*

**MOTIVATE THE MIND,  
THE BODY WILL  
FOLLOW**



# FREE FROM MONTHLY Blood Pressure checks in the East Winter Garden Community

- Health Screenings, coaching and teaching.

FREE HEALTH  
SCREENING

**FREE  
BLOOD  
PRESSURE CHECK**

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Trained Health Professionals

**SATURDAY, NOVEMBER 4, 2023**

**Begins at 4:00 PM**



# Flyer from On-line Cooking Classes

**DR. PATRICIA SMITH** VEGAN CHEF

REGISTERED DIETITIAN **SANDI MORAIS**



 Health by  
Design USA, Inc.  
(407) 745-9851



**REGISTER NOW**

**HEALTHY** ONLINE COOKING CLASSES  
PROVIDED BY HEALTH BY DESIGN USA, INC.

IN PARTNERSHIP WITH

**HEALTHY WEST ORANGE**

**OCTOBER 2, 9, 16, 23 & 30**

**6:00 p.m. - 8:00 p.m.**

**REGISTER @**

**[WWW.HealthbyDesignUSA.org](http://WWW.HealthbyDesignUSA.org)**

**or Call 407-745-9851**





# Shop for healthy foods.

- Shop for healthy foods.





# How to prepare healthier food items- Plant-Based Meals

## ~SALADS~ (LUNCH IDEAS) VEGAN CHICKPEA "TUNA" SANDWICH OR SALAD



### Ingredients:

1 can organic garbanzo bean (chickpeas) (rinsed and drained)  
1 celery stalk (chopped)  
1 1/2 tablespoons red bell pepper (chopped)  
1 tablespoon sweet onion (chopped)  
1 small garlic clove (minced)  
2 tablespoons lemon juice  
2 tablespoons Vegenaïse  
1 teaspoon Bragg Apple Cider Vinegar  
Black pepper  
Sea salt

**Serves: 2**

**Prep Time: 5 minutes**

**Total Time: 5-6 minutes**

### Method:

- Step 1.** Put chickpeas into food processor or chopper.
- Step 2.** Add celery, onion, garlic, Vegenaïse, lemon juice, apple cider vinegar, bell pepper, salt and black pepper.
- Step 3.** Pulse until ingredients mix together. (Do not over blend.) (Adjust sea salt and pepper to taste.) .) Spread Chickpea "Tuna" on toast and add lettuce, sprouts, tomato and onion.

**Note:** (The Chickpea "Tuna" recipe can be used to make Chickpea "Tuna" salad or a sandwich.)



# Community Event



**FREE HEALTH  
SCREENING**

**FREE  
BLOOD**

**PRESSURE CHECK**

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Trained Health Professionals  
**SATURDAY, NOVEMBER 4, 2023**  
Begins at 4:00 PM

Designed by KUOMagazine.com





CHRISTMAS FOOD DRIVE













# CHRISTMAS FOOD DRIVE



# Food Give Away





# Food and Gift-Cards for the community







A 92-year-old man received a food basket from Health by Design



# Christmas 2023 TOY GIVEAWAY





