

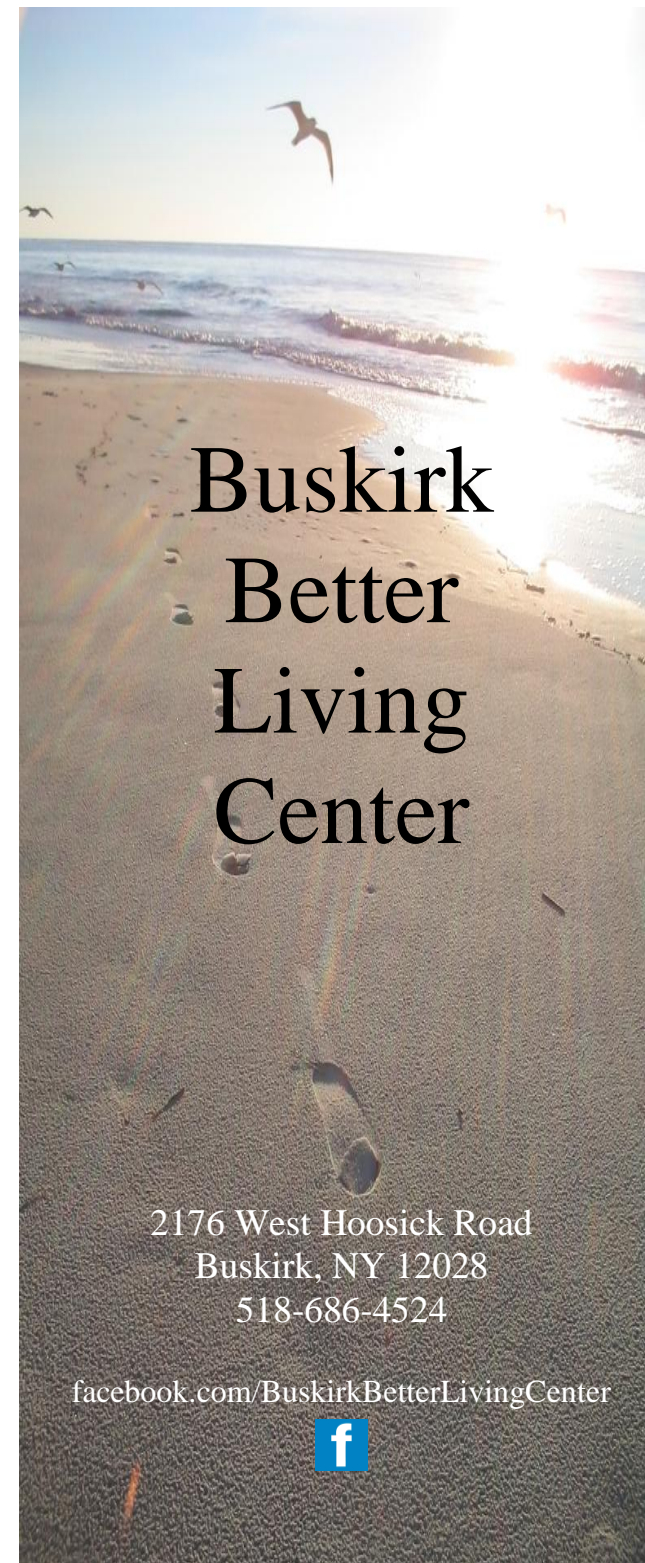
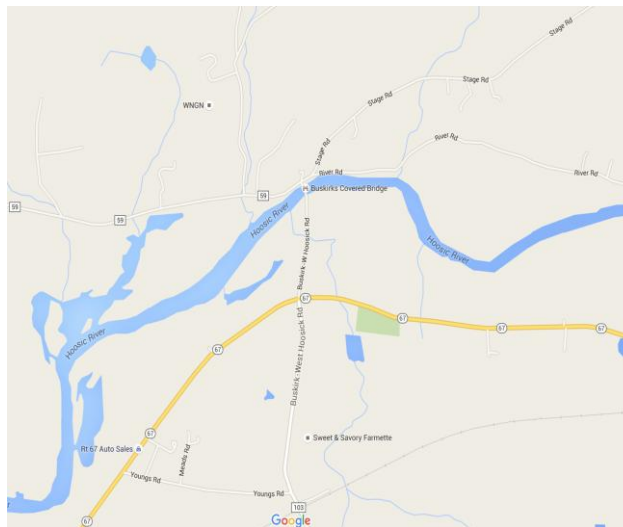
*Health by  
CHOICE...  
Not by chance.*

*You can  
take charge  
of your own health  
and...*

*Increase Your Endurance  
Reverse Heart Disease  
Eat More, Weigh Less  
Grow Healthier Kids  
Use Stress to Your Advantage  
Get in Shape  
Beat Diabetes  
Lower Cholesterol  
Slow Down the Aging Clock  
Enjoy Life!*



The Buskirk  
Better Living Center  
~promoting health, healing, and  
wholeness in the community.



Buskirk  
Better  
Living  
Center

2176 West Hoosick Road  
Buskirk, NY 12028  
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[facebook.com/BuskirkBetterLivingCenter](https://facebook.com/BuskirkBetterLivingCenter)



# Buskirk Better Living Center

~a healthy lifestyle resource center~

518-686-4524

facebook.com/BuskirkBetterLivingCenter

Healthful Living  
For your  
Body, Mind, & Spirit

## Providing:

- \*Lifestyle Education
  - ~ at our locations
  - ~ via internet
- \*Health Expos
- \*Health Assessments
- \*Lifestyle Counseling
- \*Free Literature  
and other Resources

## Seminars:

Seminars may include guest speakers, as well as staff and professional volunteers and video presentations.

Once the seminar is over, the support doesn't stop. Whether signing up for the NEWSTART Clinic, attending another seminar, support group, or one on one encouragement, we are here as a resource for you!

Diet & Stress  
Cooking Classes  
NEWSTART Free Clinic  
Reversing Diabetes & Obesity  
Complete Health Improvement Program  
Cancer Prevention/Survival Cooking  
Depression, the Way Out  
Optimize Your Brain  
Fitness for Life

~Not all resources are available at all times.~

## NEWSTART Free Clinic:

In just nine weeks reduce your risk of acquiring a lifestyle related disease or increase your odds of reversing your present condition. Consisting of a weekly appointment, meeting one-on-one with a lifestyle coach for your personalized lifestyle change experience.

## Cooking Classes:

Covering a variety of recipes, tips, and techniques for whole food, plant based cooking, those who take one of our classes will find that many of the everyday ailments have a lot to do with the foods we eat. Participants will learn how to cut down on sugar, fats, and cholesterol without compromising taste, and how eating better can save you money.

## [www.newstartclub.com](http://www.newstartclub.com):

Access reliable, credible, up to date health information.

Based on the world famous NEWSTART principles that have helped millions be well naturally without the use of drugs.

Sign up online for free membership using promo code 316.

## LIFESTYLE INTERVENTION

**Prevent – Maintain – Regain  
Disease – Health – Life**

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Seventh-day Adventist  
Community Health Services