



NORTHEASTERN CONFERENCE

Health Ministries

115-50 Merrick Boulevard
Jamaica, NY 11434-1896
Tel. (718) 291-8006
Fax (718) 291-5133
<http://www.northeastern.org>

December 2, 2021

Dearly Beloved,

Ready, Set, Go for the New Year's **2022 Daniel's Health Challenge**. 10 Days to look, think, and feel better. **This awesome event will be from January 16 - 25, 2022.**

With a simple and dynamic Biblical plan, you can **lose weight, lower your cholesterol, lower your blood pressure, and sugar** and much more...and the best part, it's free.

Pastors talk to your churches about it. Health Ministries Leaders and Gospel Medical Missionaries work with your Pastor and get it started in your churches: Let the board, youths, members, guests in your congregation know about it; let the community know about it. It's an effective way to share your faith.

I have tried it. It works. Many churches have tried, it works.

Attached you will find some materials to help you. Also, below are some short video clips to motivate and inform you. If you need assistance email me or Dilma Rosales. Let us know that you are doing it. We will stay connected with you and provide any help you need.

SAVE THE DATES, **January 16-25 (Sunday-Tuesday)**. You can plan a celebration on Wednesday.

VIDEO CLIPS – YOUTUBE

Your Daniel's Health Challenge 2022

<https://www.youtube.com/watch?v=-GA4cqIUrE4>

Getting Started: Daniel's Diet Food Groups

<https://www.youtube.com/watch?v=NSqSlxD4cno>

How to Start: Daniel's Health Challenge Preparation

<https://www.youtube.com/watch?v=-zSQR-mNn6I>

Extra Tips: Finish Daniel Health Challenge Successful

<https://www.youtube.com/watch?v=8pU8FmZ-54E>

Blessings,


Dr. Joshua Deonarine
Health Ministries Director


Dilma Rosales
Health Ministries Secretary



Debeddo Brown
Associate Health Ministries Director



Nigel Stoddard
Associate Health Ministries Director