# Kentucky - Tennessee Conference HEALTH MINISTRIES RESOURCES



KYTN.NET/HEALTH



# **INDEX**

03	Who We Are	
03	<b>How To Borrow Health Resources</b>	
04	<b>Total Wellness</b>	
16	Chronic Disease Management & Prevention	
20	<b>Documentaries &amp; Movie Productions</b>	
22	Recovery: Smoking and Tobacco Cessation	
23	Addictions	
24	<b>Healthy Family Life</b>	
26	Mental Health & Wellness	
28	Physical Activity	
30	<b>Small Group Study</b>	
31	Signage	
32	Programas en Español	
34	Resource Loan Aggreement	
35	CREATION Life Display Rental Agreement	

### **WHO WE ARE**

The mission of the Kentucky-Tennessee Conference of Seventhday Adventist Health Ministries Department is to serve our community through health and wellness services by following Christ's example of meeting need, building relationships, and empowering lifestyle changes that enhance spiritual, mental, social, and physical wholeness.

Health Ministries of KTC is thankful to serve the people of our conference. We have collected some of the best health and wellness resources to loan to congregations, schools, and centers of influence for the promotion of health of mind, body, and spirit wholeness.

### **HOW TO BORROW HEALTH RESOURCES**

Note that these resources are offered on a first-come-first-served basis and may not be available at the time you request. We will do our best to meet your health ministry needs.

To borrow innovative health and wellness resources:

- \*Submit your application (pgs. 30, 31) and \$150 refundable deposit
- \*\*Receive the items a few days in advance of your scheduled health ministry event.

Return the items by mail OR drop them off at the conference office.

- \*\$150, minus the cost of replacement, will be refunded to your organization if all items are returned in good and working condition.
- \*\*With the exception of the NEWSTART programs items can be shipped to you at cost OR you may pick them up for free at the conference office.

KTC will send a bill with the total cost of shipping to your organization.









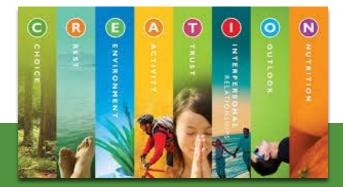
# **TOTAL WELLNESS**

# **CREATION Life**

CREATION Life is an adult lifestyle seminar series for those who want to live healthier and happier lives based on the whole person health philosophy. By consistently practicing the eight principles of CREATION Life—Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, and Nutrition—we fulfill God's original plan for our lives. Normally this is a 1-2 hour seminar presented over a period of 8 weeks. Includes eight presentations, a nine-part DVD series, Personal Study Guide, Self-Assessment, Leader's Guide, Discovery book, and more!

"CREATION Health is now CREATION Life. The principles that make up the CREATION acronym are the same. The change will not make the original materials unusable."

**BOX PROGRAM** *English & Spanish* 











### **DISPLAY BANNER**

English & Spanish 6' tall x 5' wide (\$50.00 rental)



PULL-UP BANNER 7' tall x 33" wide



Scan QR code to watch
"Welcome to CREATION Life:
Overview of the 8 Principles"



creationlife.com











# CREATION KIDS LEADER KIT

The CREATION Kids Leader Kit is designed to be used in conjunction with the CREATION Health Leader Kit (adult curriculum) OR as an eight-session kid's only program.



The kit comes complete with Leader's Guide, Station Guides (Opening, Bible, Craft, Game, and Snack), Posters, and a Resource CD.

VBS This five-day program teaches children the eight universal health principles of CREATION Life. Team CREATION features six different stations children visit each day. Here they will learn Bible stories, play games, make crafts, eat snacks, and perform health experiments.



Includes director's guide, six station guides, posters, resource CD-ROM, CREATION Life Music CD, Puppet DVD, and promotional materials.

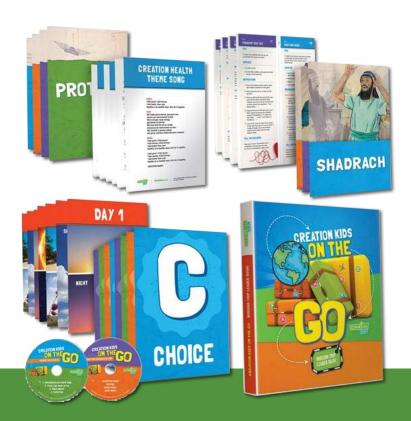


# **TOTAL WELLNESS**

### **MISSION TRIP KIT**

Make your next mission trip a CREATION Life experience. This three-day program includes everything you need to teach kids about Jesus and healthy habits.

Kit includes director's guide, scripts, crafts, games and music CD.





### **HEALTH EXPO MANUAL**



This illustrated manual contains a wealth of knowledge, based on years of experience, to help you organize a successful health expo from start to finish. It contains the theory needed to assist you in developing a comprehensive approach to health evangelism as well as the various forms you will need for the staff and master copies of the training handouts for each screening station.

### **SCREENING TOOLS**

Stepper Platform(s), Blood Pressure Cuff(s), Stethoscope(s), Stop watch, Vest(s), Body Fat Scale(s), Clock (large with second hand), Peak Flow Meter(s), Mouthpieces, Vinyl Height Chart.







# **TOTAL WELLNESS**

### **HEALTH EXPO PANELS**

Professionally developed full color Health Expo Panels instantly creates for you a setting of credibility. Each panel is designed with beautiful high-resolution photos and text

emphasizing various practical points of health.

8 Ways to Achieve Total Health: Nutrition, Exercise, Water, Sunlight, Temperance, Fresh Air, Rest, Trust in God Set of 16, 2 per subject, pullup style posters with stands, 2 5'x6'

**Health Age License - Download** (For purchase through KTC to realize a 50% savings)













NEWSTART

The children's Health Expo concept was developed in response to the rising incidence of obesity among children. It is a way to attractively and constructively present health principles using the eight natural laws of health at as many stations: Nutrition, Air, Sunshine, Exercise, Rest, Temperance, Water, and Trust.

**NUTRITION STATION** 

Life size food pyramid with realistic foods and other props and activities

**EXERCISE STATION** 

Tabletop activity comparing "running" speed, set of hurdles, and other props

**WATER STATION** 

Water-drop mascot costume plus props for other games and activities

**SUNSHINE STATION** 

Seven wooden mystery boxes and other props regarding the importance of sunshine

TEMPERANCE STATION Six balance boards children stand on while learning to find balance in life

**AIR STATION** 

Air scale for game on learning to keep healthy lungs along with other props



# **TOTAL WELLNESS**

KTC's NEWSTART Kid's Program contains everything needed to host a great children's health expo: a step-by-step instruction manual, printable activity materials, the health station passport PDF, certificate templates, and an MP3 of a song.

Note: The children's Health Expo requires a location with a minimum space of approximately 100 square feet or a room about 30'X35'. A larger space is better to allow for a larger running area at the exercise station. Suitable locations are: schools, churches, malls and commercial spaces.



# **TOTAL WELLNESS**



# LIFESTYLE MEDICINE INSTITUTE

CHIP is one of the most scientifically validated lifestyle medicine programs in the world with proven results for improving health.

For more information contact Kentucky
Tennessee Conference
Representative Leslie Caza: leslie.caza@gmail.com
731.798.1106



# WHAT IS IT?

A Lifestyle Medicine Solution.

Focused on whole-person health.

Facilitated over 12-18 Sessions (30-90 days) in a group environment with dynamic group discussions and peer support.

Integrates optimal nutrition, exercise and behavioral psychology principles and tools.

Can be delivered as an in-person class, online or a hybrid of online classes with in-person community support.

# **WHAT WILL YOU GET?**

Pre and post health-risk assessment.

Weekly facilitated group sessions.

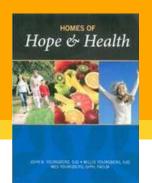
A comprehensive toolkit containing a Live More work book, Learn More text book, Eat More cook book and Move More exercise book.

Help with cooking, food prep, exercise and online program content.

# **EVIDENCE CHIP WORKS**

On average, CHIP participants at highest risk experienced outcomes after 30 days.

- Decreased blood pressure
- · Decreased body fat
- Reduced stress levels
- · Better ability to deal with stress
- Positive changes in energy, mood, sleep, resilience, libido and digestion



# **TOTAL WELLNESS**

# HOMES OF HOPE AND HEALTH www.myllh.org

WIN! Wellness equips anyone who senses a calling to help others improve their lifestyle and family relationships by making available

professional ready-to-use materials.

The holistic wellness concepts present in the *WIN! Wellness* materials are for anyone who desires to improve their lifestyle—mental, physical, and spiritual wellness, develop positive relationships in the home, workplace, and with those they meet.

Homes of Hope & Health is ideal for use in small groups, in public seminars, and evangelistic meetings. The goal is to help people LIVE—live longer, healthier, happier, and holier.

### TWELVE WEEKS TO WELLNESS AND OPTIMAL HEALTH

This bundle pack contains all 12 DVDs each 90 minute in length [60 minute presentation + 30 minute Q+A]. Dr. Youngberg covers new topics and lab tests in each session. If you have fatigue, headaches, heart disease, diabetes or pre-diabetes, adrenal problems, cancer risks, anxiety, depression, weight gain, digestive problems, hypertension, memory concerns, dementia, or you just want to optimize your health now, this program is for you!

### **DVDs**

Optimizing your Genetic Potential
Optimizing your Metabolism
Optimizing Circulation and Heart Health
Sunlight, Vitamin D, and Health
Optimizing Digestion for Health and Healing
Stress, Emotions, Food, Adrenals, Caffeine, and
Blood Sugars

Attitudes and Health Risk

Preventing and Reversing Chronic Kidney Disease

The Autoimmune Epidemic- Ways to Limit Your own Risk Detoxification for Optimal Health

Sleep and Health-Maximizing your Healing Potential Best Lab Tests for Maximizing your Healing Potential

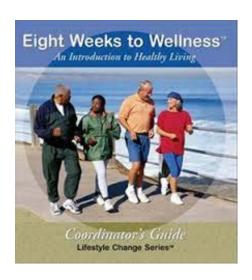


Sample Lecture



### **EIGHT WEEKS TO WELLNESS**

Eight Weeks to Wellness™ is up-to-date, ready-to-use, common-sense health outreach package promoting a balanced lifestyle. Positive lifestyle behaviors are encouraged. This broad lifestyle improvement presented program is PowerPoint® format in eight weekly 60-90 minute sessions. Participants use a 40-page guide for additional information and to record daily progress. This program is suitable for use in homes, churches, small businesses, and corporations.



# **Weekly Topics**

Developing a healthy lifestyle
Becoming more physically active
Choosing healthy fats
Choosing healthy carbohydrates
Achieving and maintaining a healthy weight
Enhancing mind-body connections
Coping with stress
Preventing disease & getting appropriate health checks



Scan QR code for further information

# CHRONIC DISEASE MANAGEMENT PREVENTION

### DIABETES UNDONE

Diabetes Undone Groups is an 8-session program that provides a simple solution to address the root causes of type 2 diabetes and prediabetes, and to reverse the disease through lifestyle-changing principles.

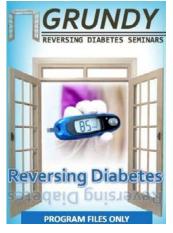


The group-based model positions learners for long-term success through lasting lifestyle change and friendship.



Watch Trailer

To start a group visit: diabetesundone.com/groups



### **REVERSING TYPE II DIABETES SEMINAR**

This resource includes instructions for holding a Reversing Type II Diabetes Seminar: transcripts of lectures, accompanying PowerPoint

Slides, participant handouts, recipes, and other supporting documentation.

Nashville Public Radio and Kaiser Health News report:



For further information visit:

lifestylemakeovers.org/author/busytnman

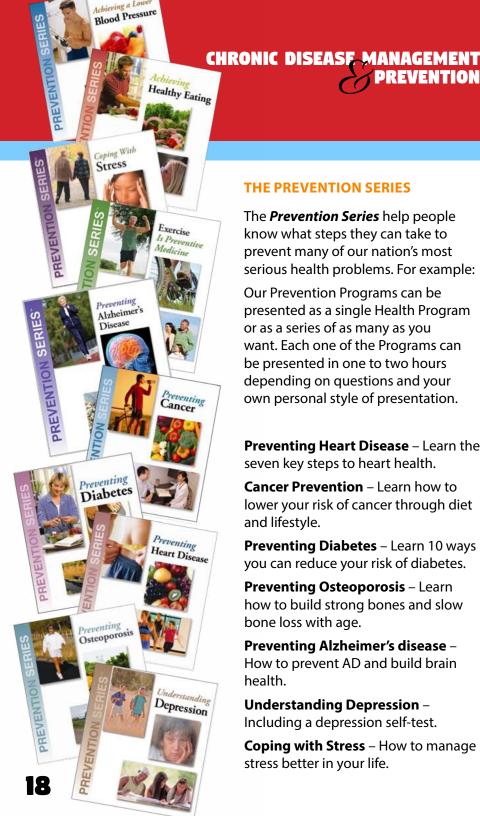




In eight 50 minute sessions, participants will learn how to fill their plate to lose weight by eating more natural fiber-rich foods. More importantly, they will learn 10 tools designed to help them lose weight permanently. Also in this program participants will find out if they are actually ready to lose weight now, and if not, how to get ready.



Watch Trailer



# THE PREVENTION SERIES

The **Prevention Series** help people know what steps they can take to prevent many of our nation's most serious health problems. For example:

PREVENTION

Our Prevention Programs can be presented as a single Health Program or as a series of as many as you want. Each one of the Programs can be presented in one to two hours depending on questions and your own personal style of presentation.

**Preventing Heart Disease** – Learn the seven key steps to heart health.

Cancer Prevention – Learn how to lower your risk of cancer through diet and lifestyle.

**Preventing Diabetes** – Learn 10 ways you can reduce your risk of diabetes.

**Preventing Osteoporosis** – Learn how to build strong bones and slow bone loss with age.

Preventing Alzheimer's disease -How to prevent AD and build brain health.

**Understanding Depression –** Including a depression self-test.

**Coping with Stress** – How to manage stress better in your life.



**Exercise is Preventive Medicine** – How exercise protects health and how to get started.

**Achieving Healthy Eating for Prevention of Disease** – How to choose the best foods linked to health and longevity.

**Lowering Blood Pressure** – Learn the 6 most effective ways to lower blood pressure.

# **Prevention Programs Include:**

PowerPoint slides for presenting a group education program, usually 1 hour to 1.5 hours in length. Slides can be sorted to provide shorter presentations if desired.

Speaker's notes on PowerPoint slides.

Participant handouts.

Other educational materials including a self-assessment of the health risks on the topic being presented.

All programs are based on the latest research and PPT slides show research findings and recommendations, including journal references.





# EIGHT SECRETS TO ANCAENT HEALTH DOCUMENTARY FILM health

### **ANCIENT HEALTH**

Avoid the health mistakes of the bygone Egyptians. Eat like the gladiators and earth's longest living people for optimal fitness, mentally and physically. From 3,500 years ago in Egypt, to the gladiators of Ephesus, we discover health principles that can impact our modern lives.

From World War II insight has been gained as to how people lost weight, reversed heart disease, and diabetes. Your eyes will be opened to some of the cultures of longevity. In addition, you'll examine how the principles of healthy living have benefited the lives of hundreds of thousands around the world today. Listen to people who have introduced these habits into their lives and have reaped the life changing benefits.

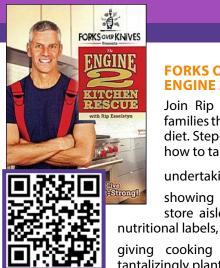


FORKS OVER KNIVES examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. The major storyline traces the personal journeys of Dr. T. Colin Campbell, a nutritional biochemist from Cornell University, and Dr. Caldwell Esselstyn, a former top surgeon at the world-renowned Cleveland Clinic. Inspired by remarkable discoveries they made, these men conducted several groundbreaking studies. Their separate research led them to the same startling conclusion: degenerative diseases like heart disease, type 2 diabetes, and even several

forms of cancer, could almost always be prevented—and in many cases reversed—by adopting a whole-foods, plant-based diet. The idea of food as medicine is put to the test. Cameras follow "reality patients" who have chronic

conditions from heart disease to diabetes. Doctors teach these patients how to adopt a whole-foods, plant-based diet as the primary approach to treat their ailments—while the challenges and triumphs of their journeys are revealed. The film features leading experts on health and tackles the issue of diet and disease in a way that will have people talking for years.

# DOCUMENTARIES MOVIE PRODUCTIONS



# FORKS OVER KNIVES: THE ENGINE 2 KITCHEN RESCUE

Join Rip as he teaches the White and Wali families the basics of a whole-food, plant-based diet. Step-by-step, Rip guides these families on how to take control of their own health by:

undertaking a top-to-bottom pantry clean-out, showing them how to navigate the grocery store aisles to not get burned by misleading

giving cooking lessons to make family favorite, tantalizingly plant-strong dishes

With the life-saving tips in The Engine 2 Kitchen Rescue, it's easy to own your health – join Rip and learn how to rescue your kitchen today!

# FORKS OVER KNIVES: THE EXTENDED INTERVIEWS

This video includes never-beforeseen footage from the film's expert interviews, covering several themes in greater depth and addressing

important issues that weren't touched on in the movie. Forks Over Knives The Extended Interviews covers more than 80 topics, including: - How much protein do we need? Animal vs. plant nutrients in cancer promotion. Why are some vegetarian and vegans unhealthy? Is a healthy vegan diet easy to follow? Why portion control doesn't work. Oil, fish, supplements, and more!



Featuring leading experts T. Colin Campbell, Ph.D., Caldwell Esselstyn Jr., M.D., Neal Barnard, M.D., John McDougall, M.D., Pam Popper, N.D., Doug Lisle, Ph.D., and Terry Mason, M.D., Forks Over Knives The Extended Interviews is must-see viewing for anyone interested in the powerful relationship between food and health! Includes Closed Captioning and Spanish Subtitles.

# Smoking and Tobacco Cessation

### **BREATHE FREE**

Breath-Free 2.0 is an evidence-based, proven smoking cessation program. This program is offered completely free of charge to all people struggling with addiction to smoking. The program can be taken individually or in a facilitator lead group setting.

# breathefree<sup>2™</sup>

For further information visit:

# www.breathefree2.com/facilitators

This graphic demonstration of the dangers of smoking should be seen by every teenager and pregnant woman! As Smokey Sue smokes, smoke passes through a lifelike model of a 7-month fetus. Then tars and nicotine collect at the surface of the water that mimics the placenta, showing graphically what pollutants are reaching the developing baby. The bowl of the model is easy to clean. 5 in. x 14 in. x 5 in.

She may look cute, but Smokey Sue delivers a deadly serious message about cigarette

smoking. she smokes. demonstration tubes trap tars in a way few have ever seen.







# Addictions

# JOURNEY TO WELLNESS 12 STEP PROGRAM

The Journey to Wholeness (JTW) program assists individuals break free from addictive thoughts, behaviors, and habits, including harmful substance abuse. Anyone who wishes to help someone in the recovery process should attend the training.

This includes friends and family, church health ministry leaders, pastors, church members, health professionals, and educators.

## Website



### Video





# **HEALTHY FAMILY LIFE**



This resource is ideal for use individually, as a couple, or in a group meeting in the home, church, or at a local church school. Kit includes: Instructions for sharing this parenting seminar with your church and community, two copies of the Help! I'm a Parent book, Two-DVD set featuring 10 30-minute segments, a lapel pin, and more! Journey with authors Pamela and Claudio Consuegra as they explore the God-given role of parenting. You will be motivated to take up this exciting challenge and experience the blessings of parenthood.

These kit(s) includes everything you need to lead a group through Help! I'm a Parent for:

Parents of children from birth to age 7

Parents of kids ages 8-12

Parents of children ages 13-18

Would you like to boost positive parent involvement in your local school or district? Everybody wins when parents develop practical skills for reinforcing the expectations their children experience at school. Kids are happier and behave better. Teachers are more relaxed and effective. Parents are far more supportive of teachers and administrators.

This curriculum is designed for you to have immediate success. Teachers, counselors, administrators, parents—all have success teaching this highly beneficial parenting skills development class, even their first time out. We give you carefully crafted, step-by-step instructions for each of the six sessions you'll lead. This curriculum is designed so that you can begin teaching immediately.

For further information visit:

# www.loveandlogic.com/a/info/why-love-and-logic





### **GUT-BRAIN CONNECTION**

In this seminar you will learn the best lifestyle to help people combat chronic diseases like diabetes, heart disease, etc.

How to eat till you are comfortably full and still lose weight (if you need to).

You will never need to count carbs or calories again.

Powerful tips on overcoming depression

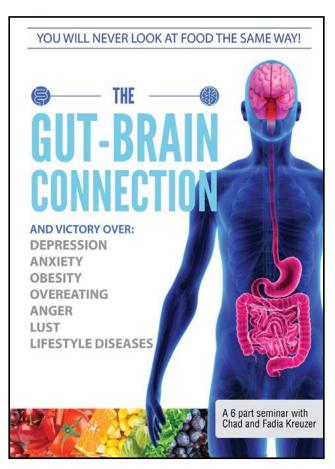
How the gutbrain connection can help you overcome anxiety and depression

How what you eat can make you happy or depressed

About the diet of the world's longest living people.

Watch Trailer





### **DEPRESSION & ANXIETY**

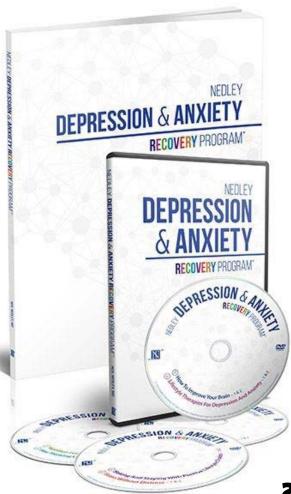
Nedley Depression and Anxiety Recovery Program™ educational kit is an exciting updated series that will put you on the path to recovery from depression and anxiety authored by Neil Nedley, M.D. This eight-part series includes informative video lectures and a workbook that will help put your newfound knowledge into action.





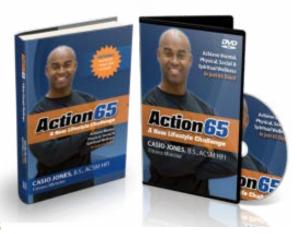
### **Further Information**





27

# **PHYSICAL ACTIVITY**



### **ACTION 65**

Action 65 is a 65 days challenge to help transform a person into a more active individual with a sense of purpose. Whether you are a couch potato or someone who needs a new jump start, this program is for you.

This program will help you become physically stronger, help you identify your purpose in life, help you understand proper nutrition, and most of all help you have a deeper spiritual relationship with your Heavenly Father. We provide you with our Action65 resistance training program along with over 3 hours of video and nutritional program. Try the program! Achieve mind, body, social, and spiritual wellness in just 65 days!

**Further Information** 





# Adventist Healthy**YOU**

# MADE TO MOVE CHALLENGE

With over 650 named skeletal muscles in the human body, it is clear that we were Made to Move! The North American Division is continuing to encourage congregations and organizations to plan

physical activity events for their communities. Get ready for the Made to Move Challenge (MTMC), to get up, moving, and gaining a bit more strength — both physically and spiritually.

The "Challenge" in MTMC is really about YOU. This is about challenging yourself to do just a bit more than you may do otherwise. And it's also about challenging your church, school and community to come together in a healthy (and safe) way even during a global pandemic. With daily activities and inspirational thoughts, you can cheer each other to not give up on this mini battle against gravity and inertia.

Wherever you are on your health journey, join us for a week-long challenge to get a little more fit.

**Further Information** 

Movement.

We were made for this!





# **SMALL GROUP STUDY**



### **BECOMING SPIRITUAL AMBASSADORS**

Spiritual Ambassadors are employees who volunteer to lead their department in spiritual enrichment and mission outreach. Today there are more than two thousand Spiritual Ambassadors serving at Florida Hospital, dedicated to developing a culture of trust, belonging, and hope. The Spiritual Ambassadors for Churches program allows you to build the same environment in your congregation.

This kit includes the Leader's Guide, PowerPoint presentations, videos, and promotional materials.

# **SIGNAGE**



**YARD SIGNS 18" x 24"** 

Health Expo Event Yard Sign (5 left pointing arrows, and 6 right pointing arrows)



Health Expo Register Here Yard Sign (Qty 1)

Volunteer Parking Arrow Yard Sign (Qty 2)



Kids Play Area Yard Sign (Qty 2)



Volunteer Parking Here Yard Sign (Qty 1)

# **PROGRAMAS EN ESPANOL**

### PROGRAMA DE SALUD CREACION

**CREATION Life es una serie** de seminarios de estilo de vida para adultos para aquellos que desean vivir una vida más saludable y feliz basada en la filosofía de salud integral de la Αl practicar persona. los consistentemente ocho principios de la Vida CREACIÓN Elección. Descanso. Ambiente, Actividad, Confianza, Relaciones





Interpersonales, Perspectiva y Nutrición — cumplimos el plan original de Dios para nuestras vidas. Normalmente, este es un seminario de 1 a 2 horas que se presenta durante un período de 8 semanas. Incluye ocho presentaciones, una serie de DVD de nueve partes, guía de estudio personal, autoevaluación, guía del líder, libro de descubrimiento y más.



Este recurso es ideal usarlo para individualmente, pareja o en una reunión de grupo en el hogar, la iglesia o en la escuela de una iglesia local. El kit incluye: Instrucciones para compartir este seminario para padres con su iglesia y comunidad, dos copias del ¡Auxilio, Somos Padres! para padres, un juego de dos DVD con 10 segmentos de 30 minutos y más. Unase a los autores

Pamela y Claudio Consuegra mientras exploran el papel que Dios le ha dado en criar a sus hijos. Estará motivado para asumir este emocionante desafío v experimentar las bendiciones de ser padres.

### **FULL PLATE LIVING**

# fullplateliving.org

En ocho sesiones de 50 minutos, los participantes aprenderán a llenar su plato para perder peso comiendo más alimentos ricos en fibra natural. Más importante aún, aprenderán 10 herramientas

forma permanente. Además, en este programa, los participantes descubrirán si están realmente listos para perder peso ahora y, de no ser así, cómo prepararse.



# Health Ministries Resource Loan Agreement

Instructions: All items are offered on a first-come-first-served basis. Submit this application with a \$150.00 refundable deposit before your event. Kentucky-Tennessee Conference Health Ministries Department does not cover the cost of shipping. You may choose to receive a bill for shipping costs or schedule a free pick-up during normal KTC business hours. Upon return of the items, minus the cost of replacement, \$150.00 will be refunded to your organization if all items are in good and working condition.

Organization:	Date Requested:
Address:	
	Items Requested
Responsible Person:	
Phone:	Email:
Date Needed:	Return Due Date:
☐ Please ship to the abo	ve address
☐ I have read, understand, and agree	Pick up date and time:
☐ I have read, understand, and agree full responsibility for the items borrowed	Pick up date and time:  to the Kentucky-Tennessee Conference Health Resource Loan Policy, Furthermore, Liak
☐ I have read, understand, and agree full responsibility for the items borrowed	Pick up date and time:  to the Kentucky-Tennessee Conference Health Resource Loan Policy, Furthermore, I take and agree to pay for the replacement cost in the event of damage or loss.
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Photocopy this form (or download from kytn.net/health) and mail to:

Health Ministries 850 Conference Drive Goodlettsville, TN 37072

# Kentucky-Tennessee Conference

# CREATION Health Display Rental Agreement

THIS AGREEMENT is made and entered into this day of
RENTAL FEE The short-term rental of The Creation Health Display for the rental fee of \$50.00 must be received in advance of renting the display.
RENTAL PERIOD Owner agrees to rent the above-described Display to Renter for a period of, beginning on and ending on and agrees to be responsible for the return of the display to the conference in the condition it was received, as well as on the date and time it is due for return.
USE OF DISPLAY The use of the display is limited to providing a backdrop for a Kentucky-Tennessee Conference Creation Health seminar sponsored by a conference church and is normally available no longer than the 8 week period of the seminar presentation. Should the display not be needed in other venues, the conference agrees to permit additional usage for promotional purposes by the church.
CONDITION The condition of the display at the time of rental is agreed to be in:
Excellent condition (no rips, tears in the fabric, metal support posts undamaged and operable)
Moderate condition (shows signs of wear. Fabric stained or damaged, support posts scratched)
We further represent that its shipping container is in good order and condition at the time of delivery.
RETURN OF DISPLAY AND CASE Return to the conference office, in the condition it was received, to Kentucky-Tennessee Conference of Seventh day Adventist, 850 Conference Drive, Goodlettsville, TN 37070.
If shipped/mailed the renter agrees to insure the display at a replacement cost value of \$2,800.00
Signature
Photocopy this form (or download from kytn.net/health) and mail to:

Health Ministries 850 Conference Drive Goodlettsville, TN 37072



# Kentucky - Tennessee Conference 850 Conference Drive Goodlettsville, TN 37072