



## FOR THE MONTH OF DECEMBER TAKE THE 1P CHALLENGE

### HEALTH AND DISCIPLINE GO HAND IN HAND

The Health Ministries Department of the Maritime Conference desires all Maritimers to be their very best! Join us in this One-Plate Challenge where simplicity meets nutrition, and self-discipline meets satisfaction. This time of year, can be overwhelmingly tempting. All the delicious and scrumptious goodies await us, but so do the hidden drawbacks like weight gain, an increase in bad cholesterol levels, blood sugar spikes, excessive feelings of bloating, indigestion, and even nausea. Let alone the reflux that you might experience. Forgo all this by taking the 1P Challenge!

Health Ministries 2024

ONE PLATE FOR A  
VIBRANT YOU!!

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PLATE WITH A  
PURPOSE

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**THE 1P CHALLENGE**

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QUALITY OVER  
QUANTITY

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CULTIVATE  
DISCIPLINE

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**YOU CAN DO IT!**

Purpose in your  
hearts!!

Be determined!

All is possible with  
God!!!!