

# Getting Out & Staying Out of Debt

Think about how few people get to retire these days with all their debt and financial obligations behind them, with enough money saved up to live the kind of life they've always dreamed of, and still young enough to enjoy it all. Would you like to be one of those people?

This workshop is designed in just a couple of hours to share with you a system that could get you out of debt and keep you out of debt. Through this workshop, you'll learn a plan to pay yourself first that is totally automatic, a plan that will automatically secure your future and pay for the present. In this workshop, Bishop Parks will clarify that:

- You don't need to make a lot of money to become wealthy
- You don't need a budget to get out of debt
- You don't need willpower
- Anyone can get out and stay out of debt

Bishop Parks hopes that you will be one of the many joining him in powerful workshop. Your deliverance from debt and becoming wealthy could start for you on January 31, 2006. Please join us at the New Hope Missionary Baptist Church, 1201 New Hope Lane, Winston-Salem, NC 27105. For more information, please call (336) 724-5401.



"Determined to build Families . . . The Foundation of Communities"

*Scheduled workshops and classes, January-May 2006*

**PARENTING**

JANUARY	14	Historical Overview of the African-American Family
FEBRUARY	4 11	Love Doesn't Hurt (Domestic Violence) Got a Little Sugar?...Relax, take your shoes off (Diabetes)
MARCH	4 11 18	Brain Development Five Love Languages of Children Smile and the World Smiles with You (Dental Health)
April	1 22	Down and Dirty in The City (STDs) The Cat Who Drank Too Much (Substance Abuse)
MAY	4 14 26	Mini-Job Fair Speaking of Women's Health Conference Graduation Celebration

**NUTRITION**

JANUARY-MAY		Expanded Food and Nutrition Education Program (EFNEP)
MAY-AUGUST		Hey! What's Cookin'? (Pregnant Teens)
April	12	Offsite grocery tour (ALDI Grocery Store)

**MINISTRY OF HEALTH**

JANUARY-MAY		Ministry of Health Sundays (4th Sunday)
FEBRUARY	22-23	CPR/First Aid Certificate Training (Adults, infants)
MARCH	11	HIV/AIDS Prevention and Awareness Conference
APRIL	8	Young Women's Health and Wellness Conference

Alpha and Omega Family Institute  
1445 Gray Avenue  
Winston-Salem, NC 27105  
(336) 748-4787 (office)  
(336) 748-5449 (fax)

Alpha and Omega Family Institute provides programs that are specifically designed to strengthen the family through parenting, empowerment, youth development, healthy lifestyles, successful marriages, social support and financial planning.

All workshops are from 12:00 Noon - 2:00 pm. Free Childcare. Lunch included.

*A NEW YEAR, A NEW YOU!*  
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setup for failure. The good news is there is a healthy, less exhaustive way to achieve your goals. You can have a better body, you can be healthier and you can look younger and more vibrant. You really can!

To help you in your quest to "be a better you" celebrity health and style experts share some "easy to follow" advice in Life and Styles Today's 3-part "Top 10 Resolution Makeover Series".

In this month's feature Tyra Bank's nutritionist, Madonna's dermatologist and Demi Moore's fitness trainer offer great tips to help you stay on track with the top 3 resolutions for 2006!

## TOP 10 RESOLUTION MAKEOVER SERIES

### Part 1.

#### 1. LOSE WEIGHT

**Naturally, a healthy diet and a steady exercise plan can make a difference.**

1. **START OFF SLOW AND EASY** Set a 20-minute workout plan and work your way up.
2. **MAKE IT COUNT** Get your heart rate up as quickly as possible during a cardio workout.
3. **TARGET LARGE MUSCLE GROUPS** During each 20-minute session, concentrate on two or three body parts max and work them as hard as you can. For example: Squats and lunges are best because they work the most muscle groups at once.
4. **BE CONSISTENT** Work out regularly and at a comfortable pace. Your work-out should not be a marathon.

#### 2. LOOK YOUNGER

**Start taking care of your skin now**

1. **FIGURE OUT YOUR SKIN TYPE** Wash your face with a mild cleanser, pat dry and observe the amount of oil your skin retains. Dry skin won't be oily at all, oily skin will be oily all over, combination skin will be oily only in the t-zone and sensitive skin may be red and irritated.
2. **GET BACK TO THE BASICS** Use a lotion with Vitamin C and Sun Screen to protect the skin from harmful rays of sunlight and other harsh elements.
3. **DON'T GO OVERBOARD** Find a few good products that work for your skin type and use them. There are many tried and true products at your local drugstore or health food stores that do the trick just fine. For example: Over the counter witch-hazel is a perfectly well balanced toner for just about any skin type and it's been around for ages.
4. **COMMIT TO A SERIOUS SKIN-CARE ROUTINE** Cleanse your face day and night and moisturize to give it the proper nourishment to fight dryness and premature aging. As you mature, your skin matures. Don't wait to take care of your skin. Do it now. You'll be happy you did.

#### 3. EAT HEALTHIER

**Kick the junk-food habit**

1. **UNDERSTAND YOUR CRAVINGS** Don't confuse thirst and hunger. Drink 10 glasses of water a day and your body will process carbs more effectively. You'll also crave sweets less.
2. **MAKE SMART SUBSTITUTIONS** Usually, when you desire to have something sweet it's an indication you've gone too long between meals. Craving salty foods is a sign you lack protein in your diet. Use "bridge" foods like fruits, nuts and baked chips instead of fried to get through the moment.
3. **DON'T SKIP MEALS** Force yourself to eat regularly. Not letting yourself feel hunger is one of the best ways to avoid impulsive snacking.
4. **EAT SMARTER AND FEEL BETTER** Eat good most of the time and you can afford to cheat occasionally. You'll feel better and as time goes by you will crave junk-food less.

**Experts: Fitness Trainer, Gregory Joujonrouche, Dermatologist, Frederic Brandt, Nutritionist and Personal Trainer, Philip Gogla are health experts to celebrities Demi Moore, Tyra Banks and Madonna.**

*If you have any personal questions or helpful advice you'd like to share with our readers email Nina @ ninashay301@aol.com*