

FIT TOGETHER²⁰²⁴
Health & FITNESS
RETREAT FOR SOUL, BODY, AND MIND

prosper
in all

SEPTEMBER 6-8, 2024

CAMP KULAQUA | HIGH SPRINGS, FL

floridaconference.com/fittogether



Seventh-day Adventist Church
FLORIDA CONFERENCE



Welcome

Hello, and welcome to **Fit Together: Prosper In All**, our fourth-annual Florida Conference Health and Fitness Retreat. We look forward to a great weekend together and are so glad you are here.

In the Bible, the apostle John writes, *“I pray that you will prosper and be in health just as your soul prospers.”* God wants us to prosper spiritually, physically, mentally, and emotionally. And that is what Fit Together is all about. Wherever you are on your journey of health, this weekend is for you. We have planned activities for all ages, including our kids. This includes a night hike, stretching, aerobics, water aerobics, a boot camp, volleyball, the Camp Kulaqua FundRace 5K, and inspiring speakers and seminars to help you make the most of your weekend. Our purpose is to promote wellness for our bodies, minds, and souls so that we can live our lives for Christ and be ready when He comes. And our mission is to do that together. Fit Together.

I am looking forward to meeting each one of you. Please let us know how we can serve you.

May God bless you all,

Les McCoy

Florida Conference Health Ministries Director



Seventh-day Adventist Church
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HEALTH
MINISTRIES

Schedule

Friday | September 6

3:00 p.m. Registration | Cafeteria
Sign up for Chair Massage by appointment.

5:45 p.m. – 6:30 p.m. Dinner | Cafeteria

7:00 p.m. – 8:00 p.m. Friday Evening Worship | Spring Chapel
Message: Jennifer Schwirzer – “Anxiety and Depression Relief”

8:15 p.m. Night Hike with Ranger Keith | Meet outside Spring Chapel
Evening Restore Stretching - Vivian Perez | Gym

Sabbath | September 7

7:30 a.m. – 8:00 a.m. Morning Stretch, Flex, & Flow with Vivian Perez | Gym

8:30 a.m. – 9:15 a.m. Breakfast | Cafeteria

9:30 a.m. – 12:00 p.m. Children’s Worship Service & Activities | Cypress Meeting Room

9:30 a.m. – 10:15 a.m. Morning Seminars
B.E. S.M.A.R.T: Principles of Healthy Living – Grace Daley | Gym Room 1
From Low to Go: Benefits of Exercise – Dr. Sondra Shields | Gym Room 2
Nature Hike – Vivian Perez | Meet in front of Gym

10:30 a.m. – 12:00p.m. Worship Service | Spring Chapel
Message: Dr. Lester Carrero – “How Our Mental Health and Brain Health Work Together”
Message: Jennifer Schwirzer – “Post-traumatic Growth”

12:15 p.m. – 1:00 p.m. Lunch | Cafeteria

1:30 p.m. – 3:00 p.m. Canoeing, Zoo Open

3:00 p.m. – 5:00 p.m. Children’s Activities | Cypress Meeting Room

2:00 p.m. – 2:50 p.m. Health Ministries: Strategies for Success
Dr. Lester Carrero | Spring Chapel

- 3:00 p.m. – 3:50 p.m. Afternoon Seminar Session I
 Health Coaching for Healthy Choices - Danielle King | Gym Room 1
 Plant-Based Cooking – Jupiter Health Ministries Team | Gym Room 2
 Learning Self Message – Veronica Summer Hueston | Gym Room 3
- 4:00 p.m. – 4:50 p.m. Afternoon Seminar Session II
 Antidepressant Gifts from Our Creator - Luisa Cordero | Gym Room 1
 The Health Benefits of Intermittent Fasting - AJ Fines | Gym Room 2
 Stretch, Flex, and Flow with Vivian Perez | Gym
- 5:30 p.m. – 6:15 p.m. Dinner | Cafeteria
- 6:30 p.m. – 7:15 p.m. Sabbath Evening Worship | Spring Chapel
 Message: Jennifer Schwirzer – “The Power of Belonging”
- 7:30 p.m. – 9:00 p.m. Boot Camp Fitness Training – Damon Bennett | Gym
 Aerobics Class – Vivian Perez | Gym
 Volleyball Tournament | Field
 Hayride | Meet outside Gym
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Sunday | September 8

- 7:30 a.m. Morning Devotional Thought – Les McCoy
 Morning Stretch with Vivian Perez | Outside Camp Store
 FundRace 5K | Start at Camp Kulaqua General Store
- 9:30 a.m. – 10:15 a.m. Brunch | Cafeteria
- 10:30 a.m. – 11:30a.m. Boot Camp Fitness Training – Damon Bennett | Gym
 Water Aerobics Class - Vivian Perez | River Ranch Water Park
- 11:30 a.m. – 1:00 p.m. Water Park Open | River Ranch Water Park

See you next time!

InBody Fitness Assessment | Gym

Free award-winning body composition analysis - measure fat, muscle, BMR & more!

Saturday, September 7	Sunday, September 8
9:00 a.m. – 10:00 a.m.	10:30 a.m. - 11:30 a.m
1:30 p.m. – 2:30 p.m.	
7:30 p.m. – 9:00 p.m.	

Speakers



Featured Speaker
Jennifer Jill Schwirzer, LPC

Jennifer Jill Schwirzer, LPC, is an author, speaker, TV host, professional counselor, musician, wife, mother, lover of Jesus, and a friend to many. Jennifer has a Master's degree in Mental Health Counseling from Capella University, and a Doctoral degree in Community Counseling from Liberty University. She has spoken all over the world, written 14 books, and hosted two TV programs. She loves to communicate about the fascinating intersection between theology and psychology, and does so whenever, and however, she gets a chance.



Speaker
Dr. Lester Carrero

Dr. Lester Carrero is an adjunct professor of biology, human anatomy, and physiology at Daytona State College. In addition, he has been speaking about nutrition, wellness, and healthy lifestyles for several groups and churches in Florida as a Health Liaison for the Florida Conference.



Devotional Speaker/Host
Les McCoy

Les McCoy is the Publishing and Health Ministries Director for Florida Conference. He has served in ministry since 1980, when the Lord called him from his position as a pilot for the United States Air Force into the Adventist faith and publishing ministry. Les has a master's in Pastoral Ministry from Andrews University and was recently ordained into the gospel ministry on August 3, 2022. He counts it a joy and privilege to be in a relationship with Jesus and part of His Church. The two loves of his life are his wife, Barbara, a retired Florida Conference pastor, and their daughter, Lauren, a mechanical engineer and varsity basketball coach at Forest Lake Academy.

Seminars & Activities



B.E. S.M.A.R.T: Principles of Healthy Living

Grace Daley

After playing professional basketball for seven years, Grace Daley, M.Ed., was inducted into the Hall of Fame at Tulane University and the Greater New Orleans Sports Hall of Fame. Grace was a teacher for 12 years, did ministry full-time for two years and is currently the Christian Education teacher at Grace Christian School. She is also a Regional Manager and Lead Implementing Partner for CarePortal. Through her non-profit, Every Day Jesus, she unites churches and child serving agencies to help with the foster care crisis. She is also the Director of Health Education for FreeD.O.M Clinic USA, which provides free dental, optical, and medical care for the uninsured, underinsured, and homeless in Marion County. She is pursuing a Doctor of Education in Community Care and Counseling from Liberty University.

Aerobics, Stretching & Nature Walk

Vivian Perez



Vivian Perez is the director of GFit Camp. She believes exercise is not a chore, but a privilege and a way to glorify God. GFit brings together fitness and fun in a Christian environment where participants motivate and encourage one another as they strive for a healthier lifestyle. For the past seven years, GFit has been a place where individuals can be blessed physically and spiritually. Vivian is married to Iriel and they are blessed with two amazing kids.



Antidepressant Gifts from Our Creator

Luisa Cordero

Welcome to making a difference in your life! Luisa Oliver-Cordero, RDN, LDN is a registered licensed dietitian-nutritionist, lifestyle educator, and Medicare provider. For more than 30 years, it has been her privilege to help patients improve their lifestyle and nutrition habits for better health and a better life. She has seen 26 patients reverse type 2 diabetes, three reverse kidney disease, and witnessed countless others become more independent and confident. During her free time, she enjoys being involved in ministries, helping others, talking to our Creator while in nature, feeling the breeze by the lakes and beaches, and spending time with her children.

Health Coaching for Healthy Choices

Danielle King



Danielle King is a Registered Nurse, owner of LIVE Wellness, LLC, and leader of her church's Health and Wellness Ministry. After dealing with health struggles, her focus shifted to a holistic and preventative approach to healthcare. She hosts seminars, group activities, wellness coaching, and plant-based cooking demonstrations. Her passions extend into her lifestyle habits, including swimming, yoga, strength training, playing sports with her four kids, and gardening. Danielle's mission is to empower individuals to take control of their well-being. Whether working with patients or clients, she is committed to helping individuals unlock their potential, break through barriers, and cultivate a life of vitality and balance.



From Low to Go: Benefits of Exercise

Dr. Sondra Shields

Sondra Shields, MD, is a board-certified anesthesiologist in the Tampa Bay area. She is also minister of health at Tampa First Seventh-day Adventist Church. Sondra graduated from Loma Linda University, and served in the army at Walter Reed Army Medical Center, establishing the pain fellowship there. Sondra and her husband are raising three wonderful daughters.

Yummy Plant-Based Cooking

Jupiter Health Ministries Team



The Jupiter Health Ministries Team, comprised of Luisa Cabana, Sonia Angulo, Grace Shore, Loretta Sharritts, and Linda Zabinski, makes it their mission to provide Christ-centered, hands-on learning experiences in which participants develop lifelong skills for the glory of God. They are passionate about empowering others to make healthy lifestyle choices while creating meals that sustain their physical, mental, and spiritual well-being.



Learning Self Massage

Veronica Sommer Hueston

Veronica Sommer-Hueston has worked in the Central Florida area as a massage therapist since 1990. Massage Therapy was a way to work through the University of Central Florida, where she obtained a B.A. in English. Mrs. Sommer-Hueston studied massage therapy in the U.S., China, and Costa Rica. Veronica specializes in sports massage, medical massage, Traditional Chinese Massage, structural alignment, lymphatic massage, and oncology massage. Veronica is blessed to enjoy a profession that helps people calm their minds while healing their bodies.

Health Benefits of Intermittent Fasting

AJ Fines



AJ Fines is a graduate of Southern Adventist University and a certified personal trainer in the Orlando area. He believes that fasting is a powerful practice for our spiritual, physical, and mental health, and seeks to educate participants of this seminar on how to incorporate fasting into their regular lives in a way that is both beneficial and practical.



InBody Fitness Assessment and Training

Damon Bennett

Damon Bennett, a personal trainer since 2009, holds certifications in CrossFit, Olympic weightlifting, and ISSA. Passionate about empowering individuals, Damon finds fulfillment in assisting clients, from grandparents eager to keep up with their grandkids' sports to individuals seeking to improve their overall health. Through tailored programs, he aims to enhance physical well-being and to alleviate conditions such as high blood pressure and diabetes, enabling clients to reduce medication reliance. Damon understands the profound impact of fitness on mental health and is committed to helping people look good and feel great inside and out.

#FUNDRACE

5K RUN AND 25 MILE RIDE

CAMP KULAQUA **FUND
RACE**
2024

SEPTEMBER 8, 2024

www.fundrace.run



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