



# TRAINING THE TEMPLE

**FIT TOGETHER 2025**  
**Health & FITNESS**  
RETREAT FOR SOUL, BODY, AND MIND

**SEPTEMBER 5-7, 2025**  
CAMP KULAQUA | HIGH SPRINGS, FL



**MORE INFORMATION:**  
[floridaconference.com/fittogether/](https://floridaconference.com/fittogether/)



Seventh-day  
Adventist Church  
FLORIDA CONFERENCE

# Welcome

Hello friends, and welcome to **Fit Together: Training the Temple**, our fifth-annual Florida Conference Health and Fitness Retreat! We're so glad you're here and can't wait to spend this weekend with you.

This year's theme comes from 1 Corinthians 6:19-20, where Paul reminds us that our bodies are God's temple and that we are called to honor Him with everything we do. When we take care of our health, we're really worshiping and serving God with the gifts He's given us.

No matter where you are on your health journey, this weekend is for you. We've planned something for everyone, from night hikes and volleyball to water aerobics, boot camp, stretching, and the Camp Kulaqua FundRace 5K, there's plenty of fun and movement to enjoy together. Plus, we'll be blessed with inspiring speakers and seminars to help us grow physically, spiritually, mentally, and emotionally.

The purpose of Fit Together is simple: to encourage one another, build each other up, and take steps toward healthier lives, body, mind, and spirit. And the best part? We get to do it together.

I'm really looking forward to meeting you this weekend. If there's anything we can do to make your time here better, please let us know.

May God bless you in a special way this weekend!

Les McCoy

*Florida Conference Health Ministries Director*



*In 2024, Les fulfilled his lifelong dream of climbing Mount Kilimanjaro*



# Camp Kulaqua Map

## FundRace Route



# Schedule

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## Friday | September 5

3:00 p.m. Registration | Cafeteria

4:30 p.m. - 5:30 p.m. Pickleball

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

7:00 p.m. – 8:15 p.m. Friday Evening Worship – Dr. Jennifer Sankey-Battles | Spring Chapel  
*Leadership Fitness: A Mission-Minded Workout*

8:30 p.m. Night Hike – Keith Nelson, Wildlife Sanctuary Director | Meet at Spring Chapel  
Evening Restore Stretching – Maria Touchard | Gym

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## Sabbath | September 6

7:30 a.m. – 8:00 a.m. Morning Stretch, Flex, & Flow with Maria Touchard | 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  
*Brain Health, Understanding Dementia* – Kenia Rodriguez | Gym Room 1  
*Lifestyle Makeovers, Reversing Disease* – Wickhams | Gym Room 2  
*Intermittent Fasting* – AJ Fines | Gym Room 3  
*Grace for Grief* – Sherry-Lynn Bredy | Gym Room 4  
*Nature Hike* – Vivian Perez | Meet in front of Gym

10:30 a.m. – 12:00p.m. Worship Service | Spring Chapel  
Steve Wickham : *Reaching People for Jesus Through Health*  
Jennifer Sankey-Battles: *Leadership Circuit: Preparing for Peak Performance*

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

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

2:00 p.m. - 2:50 p.m. *Health Ministries Strategies for Success* | Spring Chapel  
Dr. Jennifer Sankey-Battles, Steve and Karen Wickham

3:00 p.m. – 3:50 p.m. Children's Activities | Cypress Meeting Room



- 3:00 p.m. – 3:50 p.m.** Afternoon Seminar Session I  
*Brain Health, Understanding Dementia* – Kenia Rodriguez | Gym Room 1  
*Lifestyle Makeovers, Reversing Disease* – Wickhams | Gym Room 2  
*Learning Self Message* – Veronica Sommer | Gym Room 3  
*Plant Based Cooking* – Jupiter Health Ministries Team | Gym Room 4
- 4:00 p.m. – 4:50 p.m.** Afternoon Seminar Session II  
*Intermittent Fasting* – AJ Fines | Gym Room 1  
*Grace for Grief* – Sherry-Lynn Bredy | Gym Room 2  
*Learning Self Message* – Veronica Sommer | Gym Room 3  
*Plant Based Cooking* – Jupiter Health Ministries Team | Gym Room 4  
*Stretch, Flex, and Flow* – Maria Touchard | Gym
- 5:30 p.m. – 6:15 p.m.** Dinner | Cafeteria
- 6:30 p.m. – 7:30 p.m.** Sabbath Evening Worship | Spring Chapel | Dr. Jennifer Sankey-Battles  
*Leadership Endurance: Ready, Set, Go Live Well and Excel*
- 7:45 p.m. – 9:30 p.m.** Boot Camp Fitness Training | Linda Mumey & Doryte Marquez | Gym  
Aerobics Class | Vivian Perez | Gym  
Pickleball | Gym  
Volleyball Tournament | Field  
Hayride | Meet outside Gym
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## Sunday | September 7

- 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 – Linda Mumey & Doryte Marquez | Gym  
Water Aerobics Class – Vivian Perez | River Ranch Water Park  
Pickelball | Gym
- 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, BMI & more!

**Saturday, September 6:** 9:00 a.m. – 10:00 a.m. / 1:30 p.m. – 2:30 p.m. / 7:30 p.m. – 9:00 p.m

**Sunday, September 7:** 10:30 a.m. - 11:30 a.m.

# Speakers



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## Featured Speaker

**Jennifer Sankey-Battles, Ph.D., RN**

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Jennifer Sankey-Battles, Ph.D., RN, is an innovative and creative leader, mentor, advocate, writer, and speaker. She is passionate about inspiring people to live well and excel in performance. She holds a doctoral degree in General Psychology with an emphasis on Performance Psychology from Grand Canyon University. Since 2022, she has assumed the role of the Director of the Health Ministry and Disability Ministry at the Southeastern Conference of Seventh-day Adventists in Mount Dora, FL. In this capacity, she has initiated seven new programs to promote health and disability inclusion to help individuals live a more abundant life and to enhance inclusion for individuals with disabilities in the ministry. She enjoys working wholeheartedly for Jesus by promoting mental, physical, and spiritual health. Dr. Sankey-Battles believes in performance excellence. Her tagline is, live well and excel by living happy, healthy, and holy. The Bible scripture that guides her life is "I can do all things through Christ who strengthens me." Philippians 4:13. She plans to be ready when Jesus Christ returns. Dr. Sankey-Battles is blessed to have her wonderful husband Arthur Lee Battles II, and her siblings, support her in ministry.



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## Speakers

**Steve and Karen Wickham**

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Stephen and Karen, both registered nurses with extensive healthcare backgrounds, developed Diabetes Reversal Explained, a community-based education program focused on diabetes prevention and reversal. Stephen holds multiple degrees, including a master's in Public Administration and undergraduate degrees in Chemistry, Music, and Nursing, and has served in various leadership roles from nurse manager to assistant administrator of patient care services. Karen has worked across many hospital areas, including performance improvement and as an internal medical auditor, and holds a Plant-Based Nutrition Certificate from eCornell. Their deep experience caring for diabetic patients and witnessing the severe complications of the disease, combined with Grundy County, Tennessee's low health rankings, compelled them to create this vital program. Their impactful work has earned them numerous accolades, and they were even featured on National Public Radio. Diabetes Reversal Explained helps participants achieve significant health improvements; on average, those in the eight-week program lose 5-7 pounds, reduce blood pressure, and often lessen their need for medications. Many see significant blood sugar improvements within weeks and can achieve diabetes reversal within the first year by adopting lifestyle changes, augmenting physician efforts through vital diabetes self-management education.



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## Devotional Speaker / Host

### Les McCoy

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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

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### Brain Health, Understanding Dementia

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#### Kenia Rodriguez

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Dr. Kenia Rodriguez Spengler is a highly experienced clinical psychologist specializing in neuropsychology. Born in Cuba and raised in Miami, she earned her Bachelor's in Psychology from Southern Adventist University and her Doctoral Degree in Clinical Psychology with an emphasis in Neuropsychology from Nova Southeastern University. With over 15 years at Orlando Health, Dr. Rodriguez Spengler conducts adult bilingual neuropsychological evaluations and currently serves as the Associate Director of the Orlando Health Neuropsychology Department.

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### Grace for Grief

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#### Sherry-Lynne Bredy

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Sherry-Lynne Bredy is a licensed Occupational Therapist with over 25 years of experience specializing in neurological rehabilitation. Her career is dedicated to helping individuals heal and regain function after life-altering conditions. Holding a master's degree in Biblical Counseling and certified as a health coach, Sherry-Lynne brings a holistic approach to well-being, integrating physical, emotional, and spiritual dimensions. For over a decade, she served as a medical missionary, blending lifestyle education with gospel outreach. Drawing from her personal journey of profound loss and healing, Sherry-Lynne is now passionate about equipping the church to be a compassionate space for those grieving, guiding them with biblical principles, lifestyle practices, and community support.





## Intermittent Fasting

**AJ Fines**

AJ Fines is a graduate of Southern Adventist University and a certified personal trainer in the Orlando area. He also serves as the PE Teacher at Forest City Adventist School. 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.

## Plant-Based Cooking

### Jupiter Health Ministries Team



The Jupiter Health Ministries Team, comprised of Sonia Angulo, 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**

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.

## Nature Hike / Aerobics / Water Aerobics

**Vivian Perez**



As director of GFit Camp, Vivian Perez 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 nine 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.



## Restore Stretching / Stretch Flex & Flow

### Maria Touchard

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Maria Touchard blends her Social Work degree with certifications in holistic health and wellness, bringing over a decade of experience in the insurance wellness industry to her practice. Maria founded Stability Wellness to offer a Christ-centered approach to health. She is a certified instructor, having completed a 500-hour master teacher training through an accredited Christian school, along with specialized certifications in trauma-informed and restorative stretching practices. Her classes guide participants through restorative body movements rooted in worship—loving the Lord with all our heart, soul, mind, and strength—helping them strengthen, tone, and improve flexibility while releasing anxiety and stress. To maximize the benefits of this class, please bring a mat and a bottle of water.

## Boot Camp Fitness Training

### Linda Mumey & Doryte Marquez

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With over 14 years of CrossFit experience and a Level 1 CrossFit certification, Linda Mumey brings unparalleled passion to her coaching. A former middle school principal, Linda uniquely blends her educational background with her dedication to functional fitness, inspiring individuals across all ages and abilities. During her tenure in education, she spearheaded a groundbreaking functional fitness program that significantly improved behavior and academics for struggling students. Today, Linda continues this mission at I-4Fit, leading both standard classes and the Adaptive Functional Fitness program she co-launched for individuals with disabilities. Her “retirement gig” as a coach is marked by boundless energy and a drive to help others achieve sustainable health, firmly believing that everyone can embrace a consistent, fulfilling fitness lifestyle, regardless of age or background.

Doryte Marquez is an architect by profession with a profound passion for sports. With more than four years of coaching experience and a lifelong athletic background, she competed at national and state levels in archery in Venezuela for over two decades. Doryte champions positivity and integrates meditation and breathing exercises into her physical and mental training, considering these practices essential to her lifestyle and personal well-being. She is dedicated to personal growth, sharing her passions, and teaching through her experiences.









*Do you not know that your bodies  
are temples of the Holy Spirit, who  
is in you, whom you have received  
from God? You are not your own; you  
were bought at a price. Therefore  
honor God with your bodies.*

*1 Corinthians 6:19–20*

5K RUN AND 25 MILE RIDE  
**CAMP KULAQUA FUND RACE**  
2025

#FUNDRACE

SUNDAY, SEPTEMBER 7, 2025



**KEEP THE WARMTH RUNNING!**

ALL PROCEEDS GO TOWARDS  
PERMANENT GENERATORS TO  
PROTECT AND HEAT OUR MONKEYS  
DURING POWER OUTAGES.

[www.fundrace.run](http://www.fundrace.run)



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