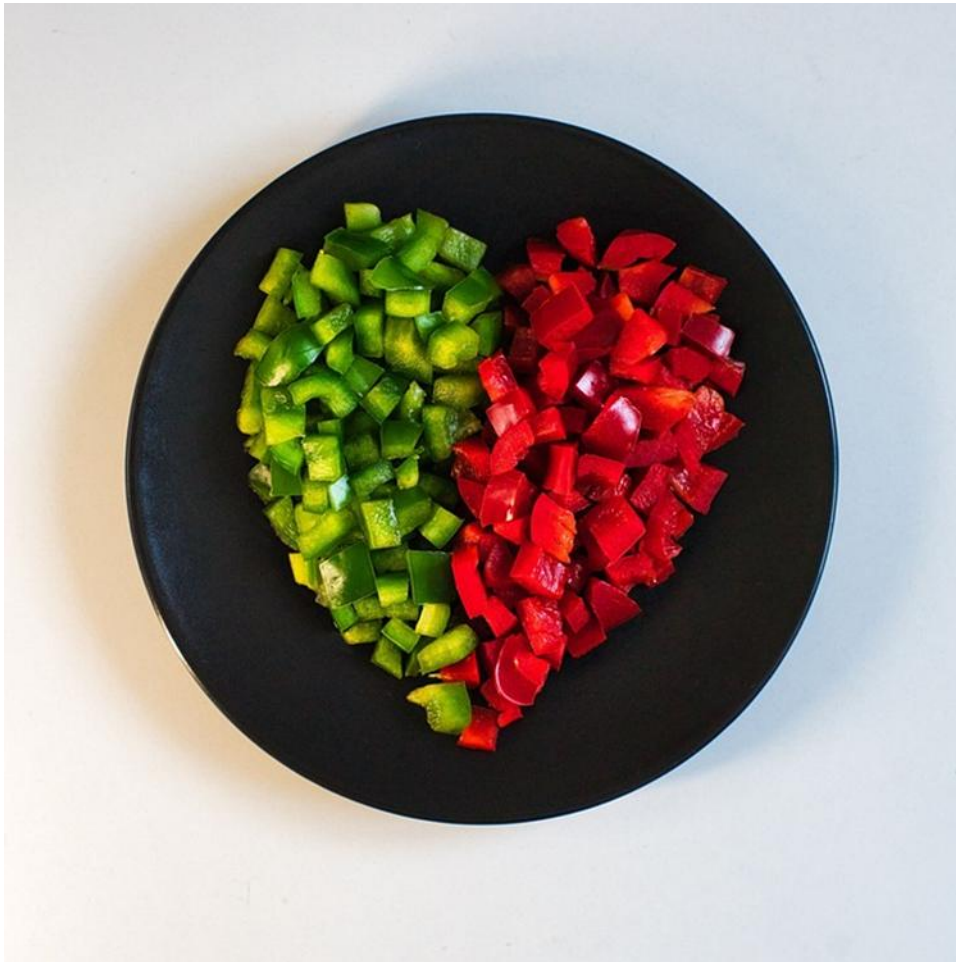


For The Month of December 2025

Try the 1P Challenge

The Health Ministries Department of the Maritime Conference is committed to helping every Maritimer thrive.



We invite you to take part in the **One-Plate Challenge**—a simple, nourishing approach where mindful choices bring real satisfaction.

This season can be full of tempting treats and indulgent snacks. While they're delightful, they often come with unwelcome side effects: weight gain, elevated cholesterol, blood sugar spikes, bloating, indigestion, nausea, and even reflux.

Avoid the discomfort and stay feeling your best—take the 1P Challenge today!

- 1. One plate for an incredible You!*
- 2. Think before you fill your plate.*
- 3. Eat the right kinds of foods.*
- 4. Believe that you are in control!*

You hold the key!
Purpose in your heart!!
Show some grit!
All is possible with
God!!!!

