

ABOUT Linda Haught

Linda Haught has taught fitness and health at Bob Jones University for 30 years. She has served on the Greenville City Recreation Committee and been a speaker at fitness seminars, conventions, and ladies retreats.

She graduated from Taylor University in 1970 with a degree in health and physical education and the University of Maryland in 1972 with a master's degree in exercise science and human development. She directed volleyball and basketball camps for 20 years.

She has published articles in several periodicals, written a book entitled, "Relief from Chronic Pain," and published eight exercise videotapes. She has also worked as a physical trainer and has been speaking at ladies meetings across the country for 20 years.

She is married to Tom Haught and has two children, Lynsey and Janel. Her husband is on the elder board at Trinity Bible Church.



LILIES Ministry
Hamilton Square Baptist Church
1212 Geary Street
San Francisco, CA 94109
Address Correction Required



LILIES Ladies' Ministry
of
Hamilton Square Baptist Church
presents

Caring for the Temple

*Biblical Approach to Fitness,
Nutrition, and Overcoming
Chronic Pains*



A Practical Ladies' Seminar
with **Mrs. Linda Haught**
of Bob Jones University

September 9-10, 2005

Ladies Instructing Ladies in
Eternal Service

Phone: (415) 673-8586

Web site: www.hamiltonsquare.net



Schedule of Events

Friday, September 9th, 2005

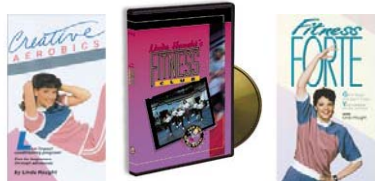
6:30pm - Evening Mixer

Please join us for an informal time of fellowship and snacks where we can get better acquainted with each other and with our speaker, Mrs. Linda Haught.

7:00pm - Be Ready to Give and Answer (I)

I Peter 3:15 says that we should be ready to give an answer regarding our faith. Commentators tell us that this defense should include the basic points of the Gospel, our own testimony, and evidences for our belief. This is my own personal testimony.

8:00pm - (optional) Walk around Ghiradelli Square or Fisherman's Wharf.



Exercise videos and health literature will be available for purchase at a discounted price at the seminar.

Saturday, September 10th, 2005

9:00am - Continental Breakfast

10:00am - The Physical Symptoms of Stress (II)

Learn what emotional pain, anger, and/or anxiety can do to all the systems of the body, and find out what you can do to reduce these symptoms.

11:00am - Evaluating Your Emotional Posture (III)

Discover what kind of thinker you are and what thought patterns cause both emotional and physical problems. Scripture teaches us how to think and the most successful pain clinics are concurring with Biblical advice.

12:00pm - Lunch

1:00pm - How to Be a Fat Burner instead of a Fat Storer (IV)

Find out how to make your body more efficient at burning fat and less efficient at storing it.

2:00pm - A Conscientious Approach to Nutrition (V)

It is difficult to delineate between fact and fiction because of all the market-oriented research and junk science. God never intended for us to "leave no stone unturned" in the pursuit of our health. Here is some help in charting a reasonable and healthy course.

3:00pm - A Workout Sampler

Bring workout clothes and participate in all or part of this session, or simply observe the various types of aerobic workouts including *Wimp Aerobics*, *Kids' Fitness Club*, and *Full Circuit Aerobics*.

Any question?

Please call (415) 346-2687

or

email: LILIES@hamiltonsquare.net

Sign-up Form

Sign up for:	Time	Fee
<input type="checkbox"/> Friday Evening Mixer	6:00pm	n/a
<input type="checkbox"/> Friday Evening Session I	7:00pm	*
<input type="checkbox"/> Friday Evening Walk	8:00pm	n/a
<input type="checkbox"/> Saturday Morning Breakfast	9:00am	n/a
<input type="checkbox"/> Saturday Morning Session II	10:00am	*
<input type="checkbox"/> Saturday Morning Session III	11:00am	*
<input type="checkbox"/> Saturday Lunch	12:00pm	\$5.00
<input type="checkbox"/> Saturday Afternoon Session IV	1:00pm	*
<input type="checkbox"/> Saturday Afternoon Session V	2:00pm	*
<input type="checkbox"/> All Sessions and Activities	n/a	\$5.00

**A love offering for Mrs. Haught will be collected at the end of Sessions I and III.*

Please make all checks payable to :

Hamilton Square Baptist Church

R.S.V.P. by September 1st

Name _____

Address _____

Phone _____

E-mail _____

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Fax: (415) 673-8594
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