

# Health & FITNESS

*Retreat 2023*

## **FIT TOGETHER**

*at Camp Kulaqua*

**Sept 29 - Oct 01**

[fittogether.floridaconference.com](http://fittogether.floridaconference.com)



Seventh-day Adventist Church  
FLORIDA CONFERENCE



# Welcome

Hello, and welcome to Fit Together, our 2nd 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." All aspects of our health are important, and this is the perfect weekend to begin, or continue, a journey that will nourish you spiritually, emotionally, mentally, and physically.

Wherever you are on the spectrum of health, this retreat is for you. We have planned activities like a night hike, boot camp, volleyball, and inspiring speakers and seminars to help you make the most of your time here.

Our purpose this weekend 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

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## Friday | September 29

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

**5:45 p.m. – 6:45 p.m.** Dinner / Cafeteria

**7:00 p.m. – 8:00 p.m.** Friday Evening Worship / Spring Chapel  
Message: Roy Ice — "Run to Win"

**8:15 p.m.** Night Hike / Meet outside Spring Chapel

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## Sabbath | September 30

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

**8:30 a.m. – 9:30 a.m.** Breakfast / Cafeteria

**9:30 a.m. – 12:30 p.m.** Children's Worship Service and Activities / A Frame

**9:30 a.m. – 10:15 a.m.** Morning Seminars  
B.E .S.M.A.R.T: Principles of Healthy Living – Ann Burnett, Don Bovel, and Grace Daley / Gym Room 1  
Your Mental Health Toolbox - Candy Devore / Gym Room 3

**10:30 a.m. – 12:00p.m.** Worship Service / Spring Chapel  
Message: Angeline Brauer "Into the Woods: How Nature Promotes Healing"  
Message: Roy Ice — "Run and Not Grow Weary"

**12:15 p.m. – 1:15 p.m.** Lunch / Cafeteria

**1:30 p.m. – 3:00 p.m.** Canoeing, Zoo, Nature Program

**2:30 p.m. – 5:00 p.m.** Children's Activities / A Frame

**2:00 p.m. – 2:50 p.m.** Health Ministries: Strategies for Success  
Angeline Brauer and Ben Parrish / Spring Chapel

**3:00 – 3:50 p.m.** Afternoon Seminar Session I  
The Art of Reading Labels - Luisa Cordero / Gym Room 1  
The Health Benefits of Intermittent Fasting - AJ Fines / Gym Room 2  
Better Sleep - Better Weight – Dr. Clelia Lima / Gym Room 3  
Yummy Vegan Cooking - Heidi Perez Quintero / Gym Room 4  
Learning Self Massage - Veronica Sommer Hueston / Gym Room 6  
Nature & Health Hike - Vivian Perez / Meet in front of Gym

**4:00 p.m. – 4:50 p.m.** Afternoon Seminar Session II  
The Art of Reading Labels - Luisa Cordero / Gym Room 1  
The Health Benefits of Intermittent Fasting - AJ Fines / Gym Room 2  
Better Sleep - Better Weight – Dr. Clelia Lima / Gym Room 3  
Yummy Vegan Cooking - Heidi Perez Quintero / Gym Room 4  
Learning Self Massage - Veronica Sommer Hueston / Gym Room 6  
Nature & Health Hike - Vivian Perez / Meet in front of Gym

**5:30 p.m. – 6:30 p.m.** Dinner / Cafeteria

**6:45 p.m. – 7:30 p.m.** Sabbath Evening Worship / Spring Chapel  
Message: Roy Ice — “Run with Endurance”

**7:40 p.m. – 9:00 p.m.** Boot Camp Fitness Training – Hector Mastrapa, Tribe Fitness / Gym  
Aerobics Class - Vivian Perez / Gym  
Volleyball Tournament / Field  
Hayride / Meet outside Gym

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## Sunday | October 1

**7:30 a.m.** Morning Devotional Thought / Les McCoy  
Morning Stretch with Vivian Perez / Outside Nature Center  
FundRace 5K / Start at Nature Center

**9:30 a.m. – 10:30 a.m.** Brunch / Cafeteria

**10:40 a.m. – 11:30a.m.** Boot Camp Fitness Training – Hector Mastrapa, Tribe Fitness / Gym  
Aerobics Class - Vivian Perez / Gym

## See you next time!

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### InBody Fitness Assessment / Gym

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

Schedule:

**Saturday, September 30**

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, October 1**

10:30 a.m. - 11:30 a.m

# Speakers

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## Featured Speaker: Roy Ice

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Roy Ice is the host of broadcast television's #1 life coaching series, Lifestyle Magazine. He brings a fresh approach to viewers, helping them achieve their best life possible. He has explored the rain forests of Panama, Australia, and Costa Rica, and has plunged into the freezing waters of Finland in December. He has received two awards from the Gospel Music Association as a member of the Christian band, Big Face Grace, has taught an English class to a Ukrainian Olympic Gold Medalist, and grade 12 Bible class to an American Double-Gold and Silver Medalist. He was mistaken for a major Hollywood producer for an entire day at Sony Picture Studios, and has climbed to the top of the Continental Divide.

Ice is the author of "The 12 People You Love" and "12 Things to Try While You're Still Mortal" which climbed to the #1 Bestseller spot on Amazon Kindle Religious Books list in July 2015. And yes, he can write other books that don't have the number 12 in the title. Case in point, in August of 2010, he was nominated for the highest award granted by the Society of Children's Book Writers & Illustrators Guild for his novel, "Treasure of Heaven." Ice's life has been thoroughly upgraded in every way by Christ's relentless grace, and he has helped people to live their divine purpose on every continent, with the exception of Antarctica. He still has not given up hope of taking the Good News to the Emperor Penguins of Antarctica, however. Since 1993, Ice has been a pastor, college chaplain, and religion professor in Texas and California, and now serves as the Speaker/Director of Faith For Today broadcast ministries.



## Angeline David Brauer, DrPH, MHS, RDN North American Division Health Ministries Director

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Dr. Brauer has served as the Health Ministries Director for the North American Division of Seventh-day Adventists since 2016. She holds a Doctor of Public Health (DrPH) degree in Nutrition from Loma Linda University School of Public Health and a Master of Health Science (MHS) in Epidemiology from the Johns Hopkins Bloomberg School of Public Health. She previously worked at the Seventh-day Adventist Guam Clinic as wellness director and dietitian, and at the Johns Hopkins Bloomberg School of Public Health as a senior research assistant. In 2023, she was recognized as one of 15 "Women of Faith on the Frontlines" by the US Department of Health and Human Services. She enjoys going on adventures with her husband Jonathan and puppy Ella, coming up with new recipes, working on craft projects, teaching, brainstorming about ministry, and playing with her nieces and nephews.



## Health Ministries: Strategies for Success

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### Ben Parrish

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Ben Parrish has had a passion for health and wellness since a young age. He seeks to serve others by leading them to a higher quality of life through wellness coaching, personal training, and health ministry. Ben studied wellness management at Southern Adventist University and achieved a master's degree in health promotion management prior to providing health ministry training and services in the Pennsylvania Conference.

# Seminars

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

Grace Daley, Don Bovell,  
and Ann Burnett



B.E. S.M.A.R.T. is led by Grace Daley, M.Ed., Don Bovell, MD, FAAEM, and Ann Burnett, M.B.A. Grace Daley is a former WNBA and FIBA player who currently serves as the Health Education Director of FreeD.O.M. Clinic USA and is also an educator. Don Bovell is an Emergency Room physician who is certified in Plant-Based Nutrition and currently training at the world's leading online culinary school, Rouxbe. Ann Burnett is the Executive Director of FreeD.O.M. Clinic USA and United Hands, Inc., and is also a certified Zumba instructor.

B.E. S.M.A.R.T. brings out the principles of a healthy lifestyle and will guide us on the practical steps we need to take to get there.

## Your Mental Health Toolbox

Candy Devore



Candy Graves DeVore is a licensed marriage and family therapist on the pastoral staff at Forest Lake Church. Being a therapist is the fulfillment of a lifelong calling that meandered through ministering in education in our boarding schools and as an editor at the Review and Herald Publishing Association. All these life experiences have culminated in the privilege of continuing in ministry by serving as the individual, couples, and family therapist at Forest Lake Church. Candy's husband, Gary, left his position as boys' dean after 18 years to continue his work as a psychiatric nurse in Winter Park. They have been blessed with two lovely daughters and two very fine sons-in-law. Candy and Gary are further blessed to live in Apopka with Candy's parents, Sandy, 99 and Bedi, 96.

## Yummy Vegan Cooking

Heidi Perez Quintero



Heidi Perez Quintero lives in Orlando Florida with her husband, Gerson. She is a graduate of Antillean University and a software developer. Her passions are classical music and vegetarian cooking, and for the last few years has specialized in vegan cooking. She has several cooking demonstrations on YouTube and was featured at the 2021 Florida Conference Camp Meeting. She is looking forward to meeting you at Fit Together!

## Better Sleep - Better Weight

Dr. Clelia Lima



Dr. Clelia Lima is the founder of FeelWell Telehealth since 2020. The COVID pandemic urged her to offer a convenient option for patients who were missing needed healthcare. Her telehealth primary care practice is grounded on intentional connection with her patients. Dr. Lima is an experienced executive and clinician. She has worked as a family nurse practitioner since 2008 and is known for being passionate about wellness. She collaborated in the development and implementation of multi-cultural wellness programs. Dr. Lima presents a live Q&A podcast on YouTube every Tuesday with relevant health topics for the community. Her devotion for serving the underserved has taken her to several medical mission trips and has fueled her commitment to Shepherd's Hope for over 15 years. She is a member of WholeLife Church. Dr. Lima earned her master's and Doctor of Nursing Practice degrees from the University of Central Florida where she has been a courtesy faculty member for over ten years. Numerous health news sites have referenced her research studies in sleep disorders. She has been a guest speaker on TV, radio, and national and international conferences.



## The Art of Reading Labels

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Luisa Cordero

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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 her patients face the challenges of improving lifestyle and nutrition habits for better health and a better life. She has seen 26 patients reverse type 2 diabetes, 3 reverse kidney disease, and witness countless others succeed in their health goals and become more independent and confident. This has been her passion and joy. 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 spend time with her children.



## Learning Self Massage

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Veronica Sommer Hueston

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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.



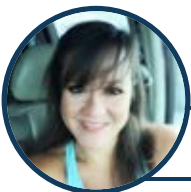
## The Health Benefits of Intermittent Fasting

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AJ Fines

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AJ Fines is a graduate of Southern Adventist 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.



## Aerobics, Stretching & Nature Walk

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Vivian Perez

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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 as well as spiritually. Vivian has been married to Iriel for 22 years and they are blessed with two amazing kids.



## In Body Fitness Assessment and Training

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Hector Mastrapa

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Hector is the owner of Tribe Fitness and CrossFit in Altamonte Springs. His focus is on improving their members' strength, mobility, and cardio through their CrossFit and Boot Camp classes. Hector is pursuing his L1 certification and helps coach classes as well. He has a passion for the family and community atmosphere they offer at the gym.

5K RUN AND 25 MILE RIDE  
**CAMP KULAQUA FUND RACE**  
2023



**OCTOBER 1  
2023**

**#FUNDRACE**



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



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