



In today's world many people are feeling unsettled and overwhelmed. The instances of depression, anxiety, and suicide are rising at an alarming rate. And we don't talk about it.

Mental health is such a key component to overall health that *Vibrant Life* is releasing two special issues in 2022 on this subject.

*Brighter Days Ahead* will give you the tools and the steps to take to bring you stability and hope. Be sure to check out the article "Coming Back to Life—How to Go From Languishing to Flourishing."

*Your Amazing Brain*. Your brain is so amazing it will, pardon the pun, blow your mind! Brain health affects the rest of your body and is critical to overall health both physically and spiritually. This special issue of *Vibrant Life* focuses on ways to keep your brain fine-tuned and functioning at peak performance!

Both of these special issues on mental health are great for sharing with friends and family and at community events.

## ORDER FORM

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### SPECIAL PROMOTIONAL PRICING

Regularly US\$3.49 each

**Order now for only  
US\$1.50 per issue! (plus shipping)**

Special promotional price valid  
May 1, 2022, until August 31, 2022  
(while supplies last)

Act Now! **Vibrant Life®**

QUANTITY	TITLE	PRICE	TOTAL
	<b>Vibrant Life®</b> <i>Brighter Days Ahead</i>		
	<b>Vibrant Life®</b> <i>Your Amazing Brain</i>		
<b>PACIFIC PRESS® PUBLISHING ASSOCIATION • 1350 N. Kings Road, Nampa, Idaho 83687</b>		<b>TOTAL</b>	



HEALTH MINISTRIES

Seventh-day Adventist Church  
NORTH AMERICAN DIVISION



# HEALTH EMPHASIS SABBATHS

TAKE A BREAK FOR YOUR HEALTH

These special Sabbath programs are made for you to share the good news of good health! Inspire your entire congregation with these engaging and wholistic programs.

Resources include a sermon script and video recording – choose to preach yourself or show the recording. Additional resources include discounted Vibrant Life issues, suggested Sabbath School program and more.

Use these sermons at any time of the year to suit.



More details at  
[nadhealth.org/sabbaths](https://nadhealth.org/sabbaths)

## 2022 CALENDAR

- April 2  
**Mental Wellness Sabbath**
- July 23  
**Health Sabbath**
- September 24  
**Made to Move Challenge**
- November 12  
**Recovery Sabbath**