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| 407 E  | 3BR/2BA      | \$596,900      | \$249,900 |
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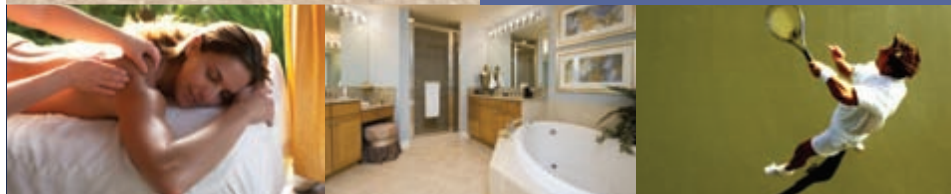
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**DIRECTIONS FROM I-75**

Take exit 138 west onto Dr. Martin Luther King Blvd. Make a right turn onto Monroe Street, followed by a quick left onto Main Street. Merge onto US 41 North. After crossing the bridge, make a left onto Hancock Bridge Parkway.



**Free seminar offers tools, pointers for healthier diet**

Cape Coral residents can get practical help to learn healthy recipes and simple lifestyle tools for beating stress, improving mood and boosting their immune health at a free "Lifestyle Matters Simple Solutions for Diet and Stress Seminar" starting at 7 p.m. Monday, Nov. 9, in the Community Room of the new Seventh-day Adventist Church of Cape Coral. The church is located 1813 Eldorado Pkwy. West, Cape Coral.

Local seminar directors are Roger Lucas, MPH, and Teresa Lucas, RN.

This free seminar will take place on Mondays and Tuesdays at 7 p.m. for two weeks, Nov. 9-10 and 16-17. It will include interactive presentations, video instruction, recipe demonstrations with tasty, healthful food samples and break-out sessions for practical tips on how to make simple lifestyle choices to reduce stress. It features no pills or gimmicks, just scientifically sound diet and lifestyle principles that help target the stress in people's lives.

"The few hours I spent at a Simple Solutions Seminar have changed my life forever," said Cape Coral resident Rita Hartman, who attended a seminar last fall at the Back to Nature Organic Market in Cape Coral. "I'm so glad I came.

The seminar not only helped me lose weight, it's changed my attitude. I'm not nearly as stressed anymore. If you come, you won't be sorry."

Ms. Lucas said her husband lost 10 pounds and she lost 20 pounds utilizing the simple tips they learned at a similar seminar before becoming the local sponsors of the program through the Get a Life! Foundation, a Florida nonprofit.

"I get fewer stress headaches and I think more clearly now," she said, "And when my doctor ordered my blood tests, the results show decreased cholesterol and lower triglycerides. That is great, and I am happy about that, but what impacts how I feel on day-to-day basis is that I also have more energy and I sleep better, too. My husband and I both feel so much more vibrant and healthier."

The Health Ministries Department of Adventist churches around the country periodically host a variety of health education seminars as a way to give to the community. The church promotes a holistic approach to optimal health based on the mind-body-spirit connection. This seminar is offered free of charge to the public. Participants will receive helpful printed information and lots of healthy recipes. Advance registration is recommended, but not required. To register, call 217-0484. ■



You are cordially invited to attend

**The Florida Residency and Estate Planning Workshop**

Presented by The Legacy Foundation at Shell Point

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**FREE**

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Guest Speakers Florida Bar Board Certified Wills, Trusts & Estates Attorneys



Craig R. Hersch



Michael B. Hill

For questions and to reserve your space

**Call: 239-425-9379**

Bring your current Trust documents with you to get your FREE Trust Analysis

Shell Point is located just off Summerlin Road, 2 miles before the Sanibel Causeway. Follow signs to EVENT PARKING.

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**SHELL POINT**

15101 Shell Point Blvd.  
Fort Myers, Florida 33908