



Faith United Methodist Church

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Dear Friends:

Michael Morningstar proved to be a very pleasant surprise for many of the people of Faith United Methodist Church! One of our goals for 2001 was to schedule a speaker who was both knowledgeable and enthusiastic about personal health, especially the areas of nutrition and exercise. One of our members who had attended a seminar on this topic suggested that we contact Michael.

After meeting him for lunch, I was impressed with his enthusiasm, knowledge, and commitment to promoting personal health. Since he had a seminar scheduled in the Memorial Drive area of Houston, Michael invited me to sit in with that audience to see how he handled this topic. It turned out to be captivating, as well as full of helpful information, so we scheduled Michael to make a similar presentation to interested members of the Faith congregation on a Sunday evening.

As anticipated, Michael more than met our expectations and goals for this seminar. In slightly less than two hours, he gave comprehensive coverage to why personal health practices are so vitally important today, how to understand the challenges and opportunities of a healthy diet, why finding ways to de-stress are so essential in today's society, and some tips on exercise which offered alternatives to people who may not already be exercising regularly.

Michael Morningstar has much to offer to any type of audience in today's world. He is constantly adding to his storehouse of knowledge, has made a personal commitment to maintaining personal health, is full of creative suggestions for how persons of all ages can improve their health, and does all of these things in a very engaging and pleasant manner.

We were pleased and impressed!

Grace and peace, . . .

Dr. Tommy Dunbar
Senior Pastor