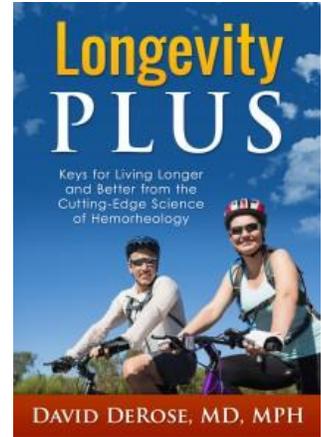


Offer a “Methuselah Factor” Seminar to Your Community



Week Number	Days #	Featured Material	Instructions for Using DVD; Other Notes
1	1 - 7	<i>Longevity Plus</i> DVD Part 1	Show the first approx. 47:30 of Part 1 on the DVD. [47:27 time stamp] This will cover some of the highlights as to why hemorheology is important
2	8 - 14	<i>Longevity Plus</i> DVD, Parts 1 and 2	Show the remaining 13 minutes from Part 1; then show the first 31:30 of Part 2 [31:36 time stamp]. This will cover blood donation, beverages, and nutrition
3	15-21	Cooking Class [Emphasizing Beans and other plant foods]; on-line video	Alternately, you may show Part 1 of <i>Changing Bad Habits for Good</i> DVD Show on-line video, “Seek Spirituality” [Day 14 of YouTube series] and interact about the video If you are part of a faith community group that meets weekly, invite attendees to your place of worship
4	22-28	<i>Longevity Plus</i> DVD Part 2	Show the remaining 28 minutes of Part 2 of the <i>Longevity Plus</i> DVD Invite them to a “potluck” closing program the following week
5	29 - 30	On-line video [Day 30]	Discuss the short video Discuss other plans to stay connected as a group If appropriate, share the first part of “Healing Secrets from the Gospel of Mark”