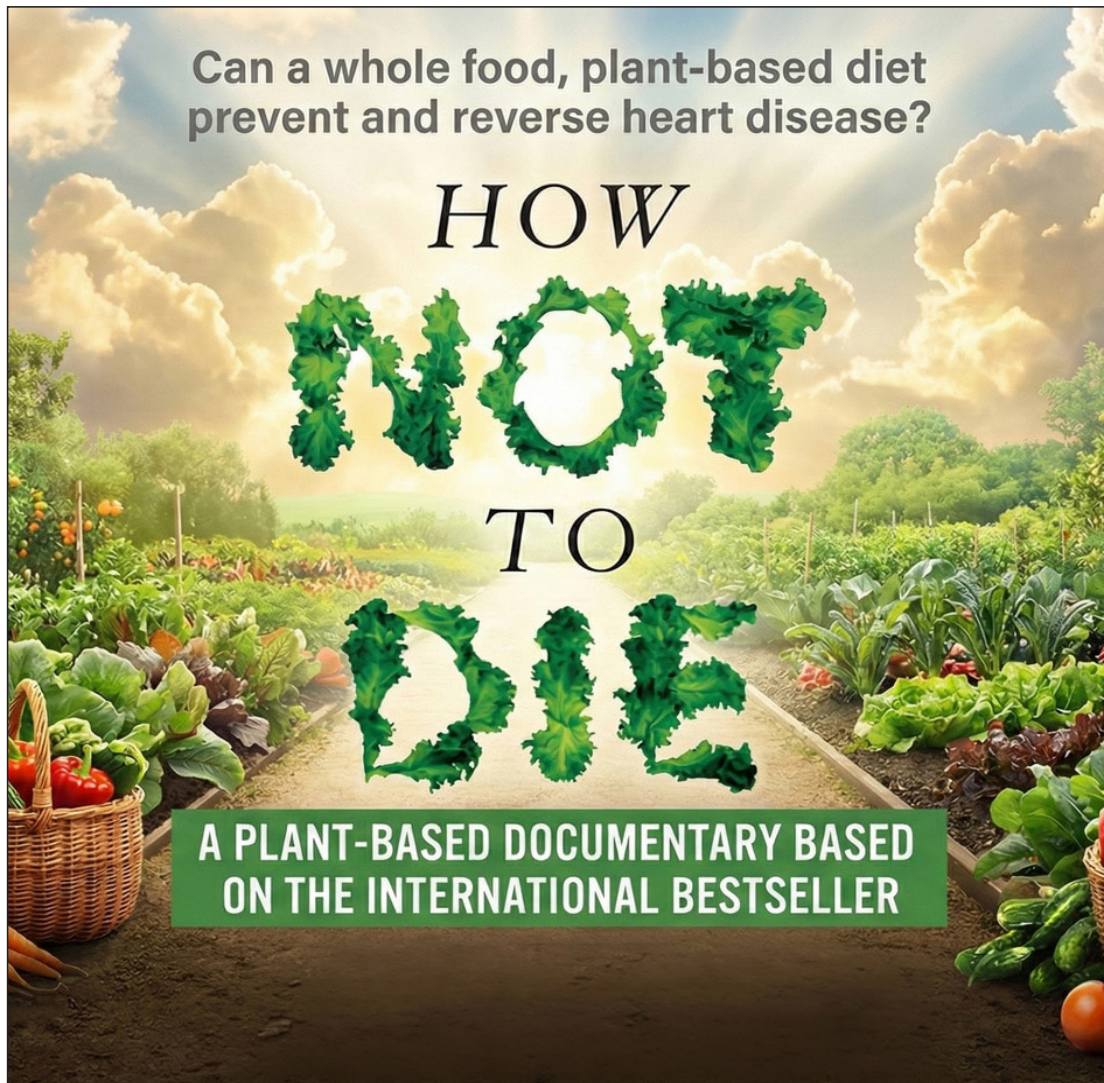


# Come Watch The Health Movie



## *How Not To Die • Michael Greger, MD*

**January 17, 2026 at 3 p.m.**

**Cooking Demonstration After the Movie  
by Susan Jenson**

**Free Healthy Food Served Afterwards  
It's Free • Everyone Is Welcome**

South Bay Adventist Church • 401 S. Prospect Ave., Redondo Beach, CA 90277  
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