

# May 30—June 1

## Fitness for Your Future (A seminar on health and wellness)

Friday, May 30

**“Delivered from Death, A Marathon of Miracles”**  
A Personal Testimonial



Sabbath, May 31

**Sermon in the Worship Hour**

Sunday, June 1

**“Wellness for Life”**  
A Live Fitness Demonstration



Dr. du Preez was a professor of religion at Solusi University in Zimbabwe starting in 1997. After graduating with a Doctor of Of Ministry in Missions from Andrews University, he completed a ThD in Theological Ethics at the University of South Africa. Pastor du Preez has worn many different hats throughout his life of ministry, some of which include, administrator, pastor, teacher, missionary, TV program host, and editor. An ordained Seventh-day Adventist pastor, Professor du Preez especially enjoys working with young people.

Dr Ron du Preez, Tennessee state racewalking champion (1993), has been doing only cross-training since September 2003. Yet, though never running for exercise, he has successfully run many races, including Chicago and Boston (where he was 1st of Michigan runners 50-59), and the 55-mile Comrades Marathon (South Africa), where he finished ahead of 10,000 successful runners.