



# HELLO HÄLSA

*Be inspired  
Be equipped  
And share*

*A weekend for health, inspiration & mission*

**November 20<sup>th</sup> - 22, 2026**

**LifeStyleSTAY — Hagegården Retreat Hotel**

*Health opens doors  
to people's hearts*

Health is more than what we eat or how much we exercise. It touches our thoughts, emotions, relationships and spiritual life — and it can open doors to meaningful conversations about hope and faith.

Join us at Hagegården for an inspiring weekend of new insights, practical tools, fellowship and fresh inspiration for health ministry. Together we will explore how we can strengthen our own wellbeing while using the health message to connect with people in our communities.



**DR. VIRIATO FERREIRA**  
Medical Doctor • Portugal

- Managing my thoughts and feelings.
- Strengthening my emotional intelligence.
- Navigating loss, fear and disappointments.
- The place for health outreach in the final hour.



**ANA BELÉN CARLINO**  
Professor of Nutrition • Argentina

- New discoveries and updates on the Adventist Health Study.
- How to use the MyPlate guide to help people.

The MyPlate guide is a visual nutrition tool that helps you build a healthy, balanced meal without counting calories.

## OTHER PRESENTATIONS

### LIFE BY DESIGN

A new resource from LifeStyleTV



Helping people bridge the gap from health to the Creator — practical lifestyle principles that lead to deeper questions of purpose, design and faith.



### CONNECTING THROUGH HEALTH

Ideas and testimonies from local churches

Be inspired by practical examples of how churches are using health to build relationships, serve their communities and create opportunities for meaningful spiritual connections.



**Information and registration:** [www.lifestylestay.se/hello2026](http://www.lifestylestay.se/hello2026)

**Registration deadline:** November 8

**Organizers:** LifeStyleTV & The Adventist Church Health Ministry