

“HEALTHY EATING-HEALTHY LIVING!”

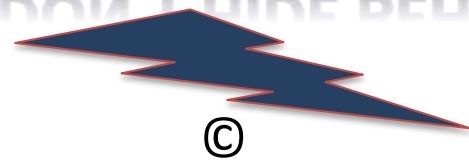
2018 WALL CALENDAR



**“BEFORE YOU CAN CHANGE YOUR BODY...YOU MUST
FIRST CHANGE YOUR MIND!”**

DORCAS C. CHANDLER

DON'T HIDE BEHIND FEAR



LIVE HEALTHY

HAS FEAR EVER

- Tried to paralyze you
- Stop you from receiving the health care you deserved
- Stood between you and your destiny
- Made you feel powerless or hopeless
- Caused you to surrender your will
- Prohibited you from doing the right thing
- Cause you to give in to sickness and diseases
- Worry about things out of your control

This is my message to you, and to ME—TOO. Whatever we have surrendered because of fear and negative forces, let us take it back, plain and simple. Don't hide behind fear! Love and accept the best and allow God to do the rest! Dorcas C, Chandler

Inspirational Quotes



Written By:

Dorcas C. Chandler

All rights reserved © 2017

*None of the quotes in this calendar or writing may be used without the authors' permission. Please email Dorcas C. Chandler at: dorcas@dorcasdezines.com
Or visit our website at: www.dorcasgazelle.com/dorcasgazelle77@gmail.com*

Personal Data

This Calendar Belongs To:

Name:

Address:

City:

State:

Zip Code:

Phone Number:

Fax Number:

Email Address:

Goals for 2016:

“Need Support- Push for foot up against mine!”

Eat Right and Exercise!

“When changes are inevitable in our lives, the first person we need to consider changing is ourselves!”



Dorcas C. Chandler-2017

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
☐	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Dr. M.L. Kings Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



*“I know nothing harder
to discipline than the
MIND!”*

Dorcas C. Chandler-2017

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 Presidents 'Day	20	21	22	23	24
25	26	27	28			



*“When I expect others to make all
of my life’s decisions for me,
I am absent of who I am”*

Dorcas C. Chandler-2017

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31