



HUMS

Holy Unmercenaries Medical Society of the Holy Metropolis of Atlanta



HUMS Annual Retreat

SAVE THE DATE SEPTEMBER 20 TO 22, 2024

Where: Metropolis of Atlanta Diakonia Retreat Center, Salem SC

Theme: "Cultivating Spiritual and Physical Wellness in a World of Illness-Part2"

Cynthia Damaskos is a Functional Nutrition and Lifestyle Coach, specializing in Amino Acid Therapy for anxiety, depression, ADHD, alcoholism and drug abuse, plus functional blood chemistry analysis. Her aim in life is to get her fellow Christians healthy and living the lives God created them to live. She is the author of *The Holistic Christian Woman*, and host of the podcast "Holistic Christian Life" on all major podcast platforms. www.holisticchristianlife.com She has been a featured speaker at OCAMPR, Orthodox Christian Association of Medicine, Psychology and Religion.

Living in Indiana with her husband, she continues a journey that began years ago to reverse her own health issues which has her feeling better now than she did in her 40's. She has a private practice teaching clients around the world how to change their lifestyles to improve their health, reach their goals, and prevent and turn around symptoms.

Molly Sabourin is the author of "Close to Home" and podcaster for Ancient Faith Ministries as well as a wife of 20 plus years to her husband, Troy, and mother of four. She blogs for Filled With Less and has contributed to many other publications.

A few years ago, decluttering her home led to the decluttering of all areas of her life, thereby reducing her stress and increasing her peace, joy, and productivity. Molly is passionate about pursuing, and helping others pursue, a more simple and calm existence.

Together they host the Filled With Less podcast on Ancient Faith Radio, host retreats, and speak at other events.

Registration: You can view, download and print registration form [here](#)

