

FIT TOGETHER 2026
Health & FITNESS
RETREAT FOR SOUL, BODY, AND MIND

+++++



TRAINING THE
TEMPLE

SEPT. 11-13, 2026

Camp Kulaqua | High Springs, FL



**MORE
INFORMATION:**

floridaconference.com/fittogether



Seventh-day Adventist Church
FLORIDA CONFERENCE

Welcome

Hello, everyone, and welcome to Fit Together!

It's great to have you here for our sixth annual Florida Conference Health and Fitness Retreat. Whether you've been looking forward to this weekend for months or you're wondering what you've gotten yourself into, we're glad you came!

Our theme this year, **"Training the Temple,"** is rooted in Paul's words in 1 Corinthians 6:19–20: *"Your body is the temple of the Holy Spirit... therefore glorify God in your body."* Those words remind us that our health is more than simply looking better or feeling better. **Our bodies are gifts from God, and caring for them is one way we honor the One who gave them to us.**

That's what makes this weekend special. Fit Together isn't about who can run the fastest, lift the most, or complete the toughest workout. It's about taking another step toward becoming the healthiest, strongest version of ourselves—physically, mentally, emotionally, and spiritually.

We've got plenty of opportunities to do just that. There will be activities, challenges, recreation, inspiring speakers, practical seminars, good food, and lots of chances to get moving. And, of course, we're here at beautiful Camp Kulaqua, so we'll definitely have some fun along the way!

Perhaps the most important part of Fit Together is the **"together."** We encourage one another. We learn from one another. We laugh together, sweat together, and hopefully leave here encouraged to continue the journey together.

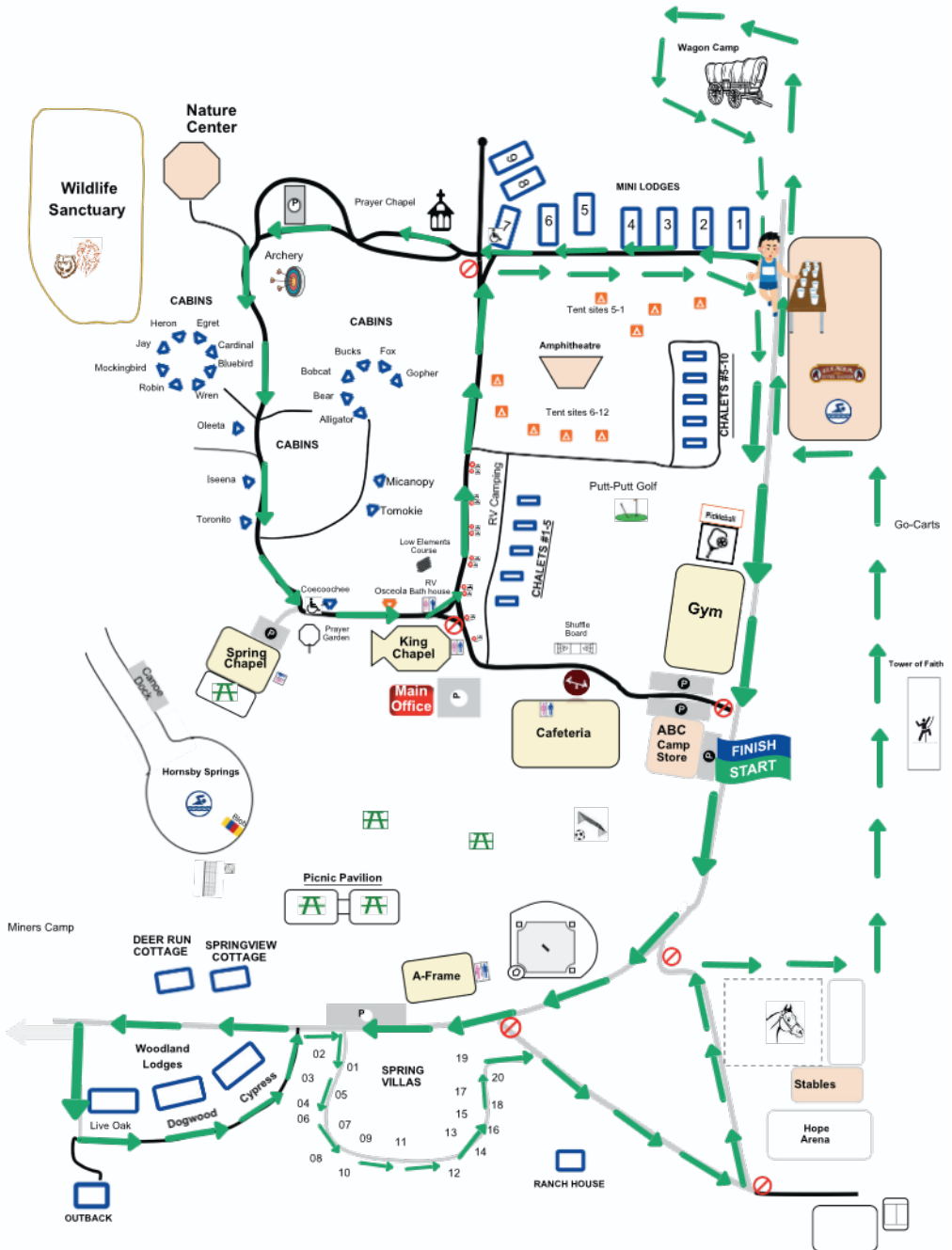
Wherever you are on your health journey, **you belong here.** Maybe you're in great shape. Maybe you're just getting started. Maybe you're trying to get back on track. Wherever you are, this weekend is an opportunity to take one more step.

My prayer is that when we leave here, we won't simply have sore muscles and good memories. **I hope we leave with renewed energy, renewed purpose, and a deeper desire to honor God by taking care of the temple He has entrusted to us.**

Thank you for being here. I'm looking forward to spending this weekend with you. If there's anything we can do to make your experience better, please let us know. **Welcome to Fit Together, may God bless us as we train the temple, strengthen the body, refresh the mind, and renew the spirit!**

Les McCoy

Florida Conference Health Ministries Director



Schedule

Friday | September 11

3:00 p.m. Registration | Cafeteria

4:30 p.m. - 5:30 p.m. Pickleball

5:45 p.m. – 6:30 p.m. Dinner | Cafeteria

7:00 p.m. – 8:15 p.m. Friday Evening Worship | Spring Chapel
Victor Maddox – *Moving Towards Fitness*

8:30 p.m. Night Hike – Keith Nelson, Wildlife Sanctuary Director | Meet at Spring Chapel
Evening Restore Stretching – Maria Touchard | Gym Room 7

Sabbath | September 12

7:30 a.m. – 8:00 a.m. Morning Stretch, Flex, & Flow with Maria Touchard | Gym Room 7

8:30 a.m. – 9:15 a.m. Breakfast | Cafeteria

9:30 a.m. – 12:00 p.m. Children's Worship Service & Activities | Cypress Meeting Room

9:30 a.m. – 10:15 a.m. Morning Seminars
Emotional Intelligence and Last Day Events – Angeline Brauer | Gym Room 1
Especially for Women – Dr. Shiela Bahn | Gym Room 2
Disability Inclusion in the Church – Jennifer Sankey Battles | Gym Room 3
Created for More: Principles of Healthy Living – Grace Daley, Ann Burnett,
Don Bovel | Gym Room 6
Nature Hike – Vivian Perez | Meet in front of Gym

10:30 a.m. – 12:00p.m. Worship Service | Spring Chapel
Angeline Brauer: *Embracing the Creator's RHYTHMS of Life*
Victor Maddox: *Breaking Lifelong Addictions*

12:15 p.m. – 1:00 p.m. Lunch | Cafeteria

1:30 p.m. – 3:00 p.m. Zoo Open

2:00 p.m. - 2:50 p.m. *Health Ministries Strategies for Success* | Spring Chapel
Victor Maddox and Angeline Brauer

3:00 p.m. – 3:50 p.m. Children's Activities | Cypress Meeting Room

- 3:00 p.m. – 3:50 p.m. Afternoon Seminar Session I
Especially for Women – Dr. Shiela Bahn | Gym Room 2
Disability Inclusion in the Church – Jennifer Sankey Battles | Gym Room 3
Plant Based Cooking – Jupiter Health Ministries Team | Gym Room 4
Movement is Medicine – Xavier Fernandez | Gym Room 5
- 4:00 p.m. – 4:50 p.m. Afternoon Seminar Session II
Emotional Intelligence and Last Day Events – Angeline Brauer | Gym Room 1
Plant Based Cooking – Jupiter Health Ministries Team | Gym Room 4
Movement is Medicine – Xavier Fernandez | Gym Room 5
Created for More: Principles of Healthy Living – Grace Daley, Ann Burnett, Don Bovel | Gym Room 6
Stretch, Flex, and Flow – Maria Touchard | Gym Room 7
- 5:30 p.m. – 6:15 p.m. Dinner | Cafeteria
- 6:30 p.m. – 7:30 p.m. Sabbath Evening Worship | Spring Chapel
Victor Maddox – *Targeted Addiction*
- 7:45 p.m. – 9:30 p.m. Boot Camp Fitness Training – Hovz Fitness | Gym
Aerobics Class | Vivian Perez | Gym
Pickleball | Gym
Volleyball Tournament | Field
Hayride | Meet outside Gym
-

Sunday | September 13

- 7:30 a.m. Morning Devotional Thought – Les McCoy
Morning Stretch with Vivian Perez | Outside Camp Store
FundRace 5K | Start at Camp Kulaqua General Store
- 9:30 a.m. – 10:15 a.m. Brunch | Cafeteria
- 10:30 a.m. – 11:30 a.m. Boot Camp Fitness Training – Hovz Fitness | Gym
Water Aerobics Class – Vivian Perez | River Ranch Water Park
Pickleball | Gym
- 11:30 a.m. – 1:00 p.m. Water Park Open | River Ranch Water Park

See you next time!

InBody Fitness Assessment | Gym

Free award-winning body composition analysis - measure fat, muscle, BMI & more!

Saturday, September 12: 9:00 a.m. – 10:00 a.m. / 1:30 p.m. – 2:30 p.m. / 7:30 p.m. – 9:00 p.m.

Sunday, September 13: 10:30 a.m. – 11:30 a.m.

Speakers



Featured Speaker
Victor Maddox

Dr. Victor J. Maddox is a native of Georgia who began pastoral ministry in 1990 in Florida Conference. His involvement in disaster relief began after Hurricane Andrew in 1992 and later included service during several major hurricanes in the region. In 2013 he became Vice President for Ministerial and Evangelism in the Georgia-Cumberland Conference. He currently serves as Director of Community Services-Disaster Response and Health for Southern Union Conference, promoting community engagement, disaster preparedness, and healthy living. Dr. Maddox and his wife, Pauline, have been married 39 years and have four adult children.



Speaker
Angeline David Brauer, DrPH, MHS, RDN

Dr. Brauer has served as the Health Ministries Director for the North American Division of Seventh-day Adventists since 2016. She holds a Doctor of Public Health (DrPH) degree in Nutrition from Loma Linda University School of Public Health and a Master of Health Science (MHS) in Epidemiology from the Johns Hopkins Bloomberg School of Public Health. She previously worked at the Seventh-day Adventist Guam Clinic as wellness director and dietitian, and at the Johns Hopkins Bloomberg School of Public Health as a senior research assistant. In 2023, she was recognized as one of 15 “Women of Faith on the Frontlines” by the US Department of Health and Human Services. She enjoys going on adventures with her husband Jonathan and puppy Ella, coming up with new recipes, working on craft projects, teaching, brainstorming about ministry, and playing with her nieces and nephews.



Devotional Speaker / Host
Les McCoy

Les McCoy is the Publishing and Health Ministries Director for Florida Conference. He has served in ministry since 1980, when the Lord called him from his position as a pilot for the United States Air Force into the Adventist faith and publishing ministry. Les has a master's in Pastoral Ministry from Andrews University and was recently ordained into the gospel ministry on August 3, 2022. He counts it a joy and privilege to be in a relationship with Jesus and part of His Church. The two loves of his life are his wife, Barbara, a retired Florida Conference pastor, and their daughter, Lauren, a mechanical engineer and varsity basketball coach at Forest Lake Academy.

Seminars & Activities

Especially for Women

Shiela Bahn



Dr. Shiela Bahn is a board-certified Obstetrician and Gynecologist and respected physician serving the Orlando community. A graduate of Loma Linda University School of Medicine, she has dedicated more than three decades to women's healthcare through clinical practice, compassionate patient care, and professional leadership. As Chief of Obstetrics and Gynecology for her organization, she provides strategic leadership, mentors physicians, and champions excellence in maternal and women's health. Dr. Bahn is recognized for her commitment to evidence-based medicine, patient safety, and holistic care. Her collaborative and servant-leadership approach has earned the respect of colleagues and inspired the next generation of healthcare professionals. Dr. Bahn also treasures her faith and family. She and her husband, Marc, have been married for 38 years and have three married sons Jonathan, Alex, and Jacob. They are also proud grandparents to their grandson, James. Her commitment to faith, family, and service continues to shape her mission of improving the health and well-being of women and families.



Disability Inclusion in the Church

Jennifer Sankey-Battles, Ph.D., RN

Jennifer Sankey-Battles, Ph.D., RN, is an innovative and creative leader, mentor, advocate, writer, and speaker. She is passionate about inspiring people to live well and excel in performance. She holds a doctoral degree in General Psychology from Grand Canyon University. Since 2022, she has served as Director of Health Ministry and Disability Ministry at Southeastern Conference of Seventh-day Adventists in Mount Dora, FL. In this capacity, she has initiated seven new programs to promote health and disability inclusion to help individuals live a more abundant life and to enhance inclusion for individuals with disabilities. She enjoys working wholeheartedly for Jesus by promoting mental, physical, and spiritual health. Dr. Sankey-Battles believes in performance excellence. Her tagline is: live well and excel by living happy, healthy, and holy. The Bible scripture that guides her life is "I can do all things through Christ who strengthens me." Philippians 4:13. She plans to be ready when Jesus Christ returns. Dr. Sankey-Battles is blessed to have her wonderful husband Arthur Lee Battles II, and her siblings, support her in ministry.

Created for More: Principles of Healthy Living

Grace Daley, Ann Burnett, Don Bovel



Grace Daley, M.Ed., is a former WNBA and FIBA player who currently serves as the Health Education Director of FreeD.O.M. Clinic USA and is also an educator. Don Bovell, MD, FAAEM, is an emergency room physician who is certified in plant-based nutrition and trained at the world's leading online culinary school, Rouxbe. Ann Burnett, M.B.A. is the Executive Director of FreeD.O.M. Clinic USA and United Hands, Inc., and is also a certified Zumba instructor. Created for More brings out the principles of a healthy lifestyle and will guide us on the practical steps we need to take to get there.



Plant-Based Cooking

Jupiter Health Ministries Team

The Jupiter Church Health Ministries Team—comprised of Sonia Angulo, Chloe Angulo, Linda Zabinski, and Gabriella Soos—makes it their mission to provide Christ-centered, hands-on learning experiences in which participants develop lifelong skills for the glory of God. They are passionate about empowering others to make healthy lifestyle choices while creating meals that sustain their physical,

Movement is Medicine

Xavier Fernandez



Xavier is a medical and orthopedic massage therapist, movement and mobility coach, and yoga instructor. He has been in the health industry for 20 years, including 17 years as a licensed professional in Florida. Early in his career, he became very interested, and slightly obsessed, with all things anatomy, physiology, and biomechanics. This led him to work with a chiropractor who empowered him to explore, theorize, and learn more in the realm of orthopedic treatment. Over the years, Xavier has worked with desk workers, car accident cases, sports injuries, chronic and acute pain, pre- and post-surgery patients, pregnancy, geriatric patients, and youth. He has also worked alongside physical therapists, exercise physiologists, occupational therapists, and strength and conditioning coaches. Xavier has five children with his beautiful wife of more than 25 years. He has one grandchild, with a second on the way. Xavier has training in different capacities, including track, wrestling, baseball, basketball, football, jiu-jitsu, boxing, calisthenics, and weight training. He attributes a great deal of his knowledge base and understanding of movement to his athletic endeavors. One of his guiding principles is: "Move more ways, more often."

Nature Hike / Aerobics / Water Aerobics

Vivian Perez



As director of GFit Camp, Vivian Perez believes exercise is not a chore, but a privilege and a way to glorify God. GFit brings together fitness and fun in a Christian environment where participants motivate and encourage one another as they strive for a healthier lifestyle. For more than 10 years, GFit has been a place where individuals can be blessed physically and spiritually. Vivian is married to Iriel, and they are blessed with two amazing kids.



Restore Stretching / Stretch Flex & Flow

Maria Touchard

Maria Touchard blends her Social Work degree with certifications in holistic health and wellness, bringing over a decade of experience in the insurance wellness industry to her practice. Maria founded Stability Wellness to offer a Christ-centered approach to health. She is a certified instructor, having completed a 500-hour master teacher training through an accredited Christian school, along with specialized certifications in trauma-informed and restorative stretching practices. Her classes guide participants through restorative body movements rooted in worship—loving the Lord with all our heart, soul, mind, and strength—helping them strengthen, tone, and improve flexibility while releasing anxiety and stress. To maximize the benefits of this class, please bring a mat and a bottle of water.

Boot Camp Fitness Training

Holvens Pierre-Louis | Hovz Fitness



Hov is the owner of Hovz Fitness and a NASM-certified trainer with experience leading more than 200 fitness classes. His passion is understanding everyday people who are working to get healthy and meeting them with genuine compassion. Having gone from 430 pounds to 240 pounds, Hov knows firsthand how difficult the weight-loss journey can be. That experience shapes how he trains clients preparing for the military or police academy, getting ready for their wedding day, building muscle, or pursuing lasting weight loss. He is passionate about helping everyday people feel seen, supported, and capable of making real, lasting change.

Leadership & Programming

Children's Program: **Irsaury Johnson**

Teen's Program: **Harol Gomes and Orquidea Feliz**

Music: **Ethanol Marco, Zahara Dodd, Kaia Dodd, Moriah Jackson, Rachel Jackson, Sehven Drangs**

Coordinator: **Vilma Guerrero**





*Do not conform to the pattern of
this world, but be transformed
by the renewing of your mind...*
Romans 12:2

5K RUN AND 25 MILE RIDE

CAMP KULAQUA FUND RACE

2026

SUNDAY,
SEPTEMBER 13

www.fundrace.run



STEP BY STEP, BOARD BY BOARD.

HELP US BUILD A ROOF OVER THE BRIDGE AND RENOVATE
THE BOARDWALK FOR GENERATIONS TO COME.

**THANK YOU
TO OUR SPONSORS!**



Sunbelt
natural foods

Sysco
At the heart of
food and service



**AMERIS
BANK**

**ANYTIME
FITNESS**
HIGH SPRINGS