Made to Crave

YOUR JOURNEY TO
HEALTHY LIVING

SIX SESSIONS

Lysa TerKeurst
NEW YORK TIMES BESTSELLING AUTHOR

& Dr. Ski Chilton
In this six-session video-based study, you will master the “how to” of living a healthy physical life as well as cultivate a rich and full relationship with God. The *Made to Crave Action Plan* gives women Biblical encouragement for both their physical and spiritual journeys plus healthy living tips for use in their everyday lives. Join us for a journey to healthy living!

**LYSA TERKEURST**

is a New York Times bestselling author, national speaker and the president of Proverbs 31 Ministries. She is the author of fourteen books and numerous magazine articles. She lives in North Carolina with her husband and five children.

**FLOYD H. “SKY” CHILTON Ph.D.,**

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For more information visit [www.MadetoCrave.org](http://www.MadetoCrave.org)