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!

For more information visit www.MadetoCrave.org

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. "ski" Chilton Ph.D., has served on the faculty of the Johns Hopkins University School of Medicine and the Wake Forest University School of Medicine, where he is currently a professor of physiology and pharmacology.