



MANNAHOUSE
— HEALTH & EDUCATION —



**GOSPEL MEDICAL
MISSIONARY**

STUDENT

HANDBOOK

Manna House Health Education & Wellness CIC Student Handbook.
2025-2026

All policies of this handbook will be reviewed and updated as required. This handbook covers the period May 2025 - April 2026.

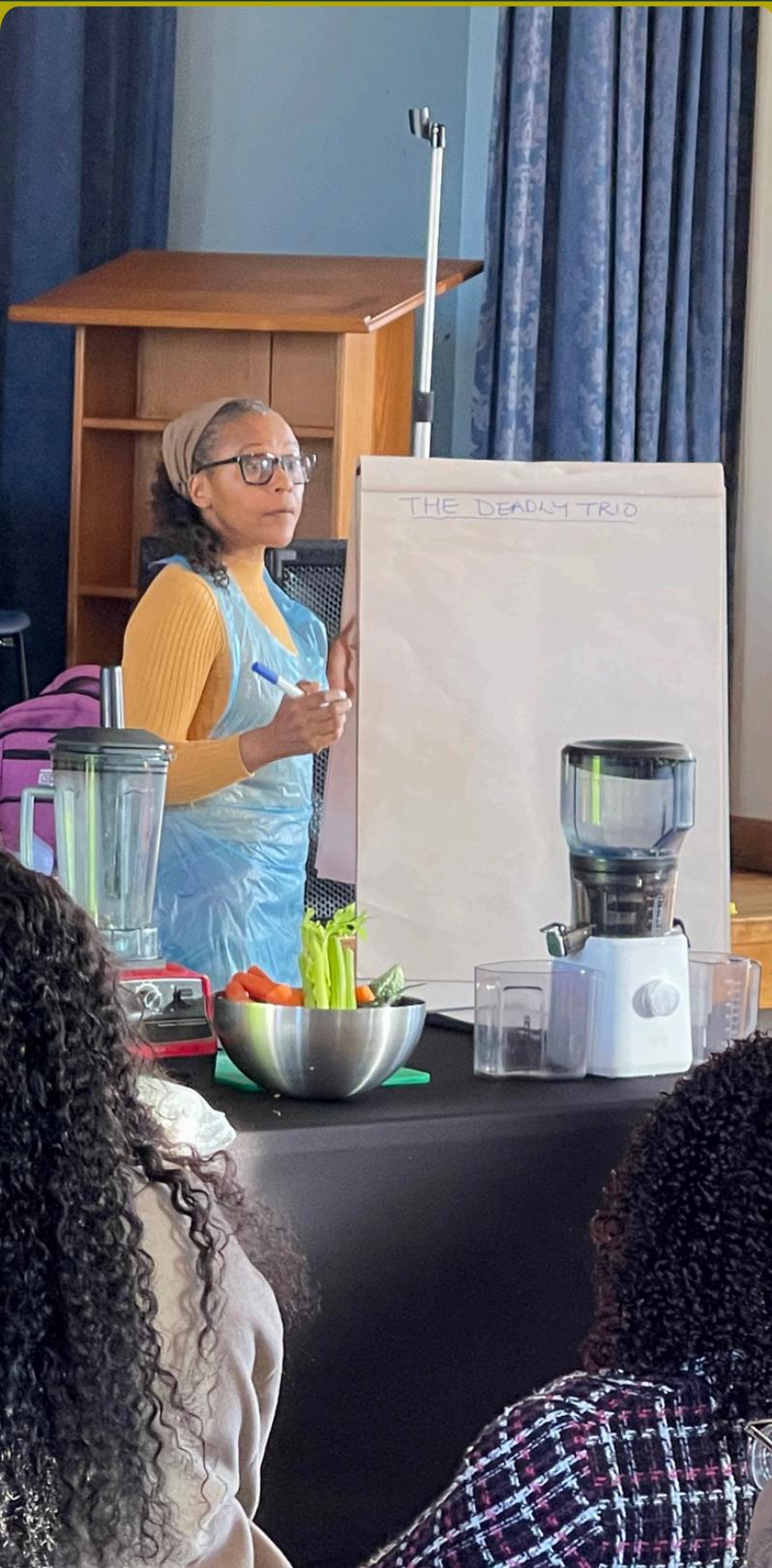
*Then Jesus went about all the cities and villages, **teaching** in their synagogues, **preaching** the gospel of the kingdom, and **healing** every sickness and every disease among the people. But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd. Then He said to His disciples, "The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest."*

Luke 9: 35-38 (NKJV)





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WELCOME



MESSAGE

Dr Lucille Fifield

Health Director of Manna House

Welcome to the Gospel Medical Missionary Training

We're so glad to welcome you to this special training programme, Gospel Medical Missionary Training (GMMT) where you'll be equipped to use God's original medicine (GOM), a powerful, heaven-approved system of natural remedies, practical health principles, and lifestyle reform, to serve yourself, your family, friends, colleagues, and community.

Here at Manna House Health Education & Wellness CIC based at Leeming Garth Manor, we are preparing a generation of Gospel Medical Missionaries who understand that the health message is truly the entering wedge.

From experience, we know it opens hearts and keeps doors open, allowing the everlasting gospel of salvation to be shared in a way that is both compassionate and eternal.

This training is not just about information, it's about transformation. As you journey through your time here, you'll be encouraged to deepen your personal walk with God through consistent Bible study, prayer, obedience to divine principles, and the development of Christlike character. These daily practices are vital, not only for your personal growth but also to prepare you for effective service.

This Student Handbook has been carefully prepared to help you benefit fully from your time at Leeming Garth Manor. It outlines the roles, expectations, and practical information you need to make the most of this experience. Please take time to read through this handbook prior to applying to be a student. Read it prayerfully and refer to it regularly.

Once again, welcome. We're honoured to share this part of your journey.



Manna House Health Education & Wellness is an affiliate of the Lay Institute for Global Health Training (LIGHT) (<https://lightingtheworld.org>).

As a LIGHT Affiliate, Manna House is authorised to deliver the **Essentials of Health Evangelism** course, a globally recognised and General Conference of SDA, endorsed training programme designed to equip gospel medical missionaries and community health educators for practical, faith-based health ministry. No other organisation in the UK has this privilege to do so.

As part of the Essentials of Health Evangelism course Manna House offers several specialised UK context modules, including:

- **British Herbs for Health** – an introduction to the safe use of native and cultivated herbs in health reform and home therapeutics;
- **UK Legal Guidelines for Unregistered Practitioners** – covering scope of practice, professional boundaries, record-keeping, and relevant UK legislation, especially regarding chronic disease and cancer; and
- **Body Chemistry Assessment** – a practical, evidence-based approach to understanding biochemical balance through non-invasive testing.

Graduates of the programme are also supported by the Association of Health Reformers (AHR) (<https://ahreformers.com>), which provides professional indemnity cover for practising as Community Health Coaches within the UK and most of the world .





Benefits of LIGHT Training

As part of the LIGHT family, Manna House and its students enjoy:

- Access to well-researched teaching materials grounded in Scripture, the writings of Ellen G. White, physiology, and evidence-based true science;
- Learn preventive medicine through the principles of health and natural healing.
- Go through practical classes in hydrotherapy, massage and vegetarian cooking.
- Learn how to bring health to your community through a variety of outreach methods.
- Inclusion in an international fellowship of over 17,000 trained lay-members and 40+ mission schools worldwide;
- Understand how to use the principles of health coaching effectively.
- Enhanced credibility and recognition through LIGHT's long-standing cooperation with Seventh-day Adventist conferences and missions around the world.

Upon successful completion of the programme students will be awarded with the **Essentials of Health Evangelism certificate**.

WELCOME



MESSAGE

Dr Joan Cornwall

Director of the Association of
Health Reformers

The Association of Health Reformers is an organisation that is built on the God given principle of naturopathic medicine rather than allopathic medicine.

Founded in February 2021, its main goal is to provide training and support for those who may already be working as medical missionaries in the community, or are working as allied health professionals, looking to use their knowledge and skills to transition in to the gospel medical missionary work with the aim for them to eventually run their own practice.

Joan is an experienced gospel medical missionary evangelist and delivers 'short course' medical missionary training. She is a Herbal Practitioner and Advanced Massage Therapist, and having completed 5 years of study, is a newly qualified Doctor of Naturopathic Medicine.

A training consultant by profession, Joan is keen to share her knowledge and skills with anyone who has a desire to work in the Master's Vineyard.

To find out more about the Association of Health Reformers , visit our website: www.ahreformers@gmail.com.



WHAT IS GOSPEL MEDICAL MISSIONARY WORK?

Have you ever wondered what the ministry of Christ would look like in the 21st century? If Jesus were here today, what kind of ministry would He be engaged in? How would He reach the broken, the sick, and the lost in our modern world? We don't have to guess. The Bible clearly reveals Christ's method of working. In Matthew 4:23–25, we read:

*“And Jesus went about all Galilee, **teaching** in their synagogues, **preaching** the gospel of the kingdom, and **healing** all kinds of sickness and all kinds of disease among the people. Then His fame went throughout all Syria; and they brought to Him all sick people who were afflicted with various diseases and torments, and those who were demon-possessed, epileptics, and paralytics; and He healed them. Great multitudes followed Him...”*

Christ's ministry was threefold—**teaching, preaching, and healing**. He did not simply heal physical ailments; He taught eternal truths and proclaimed the good news of salvation.

And just as importantly, He lived what He taught. His life was a living testimony of love, mercy, and divine power.

Jesus met people where they were. When He saw suffering, He brought relief. When He encountered grief and depression, He offered comfort and hope. His was a ministry of practical compassion, and it is this very ministry we are called to continue today.

Gospel Medical Missionary work is the modern-day continuation of Christ's healing ministry.

It is a deeply practical expression of the gospel, where health education, disease prevention, natural remedies, and lifestyle reform work together with the spiritual message of salvation.

At Manna House Health Education & Wellness, we are *“established for the purpose of educating people in the principles and laws of healthful living.”*

Our mission is:

“Teaching people to live well naturally.”



The Gospel Medical Missionary training we offer is designed to:

- Equip students to use God's Original Medicine—simple, natural tools for health and healing
- Help individuals serve their families, friends, churches, and communities with confidence and compassion
- Prepare missionaries to meet physical, emotional, and spiritual needs
- Emphasise Christ's method as the most effective way to reach hearts and open doors for the gospel

Our programme includes practical training in healthful living, hands-on experience with natural remedies, health evangelism, and spiritual preparation to be a true medical missionary in the 21st century.



OUR VALUES

COMPASSIONATE

We demonstrate compassion to every person who attends Manna House and to each other, "for the love of Christ controls us".

*"And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick."
Matthew 14:14*

SERVICE

Recognising the scientific benefits of serving others we will encourage our health guests to also serve others.

*"And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick."
Matthew 14:14*

LOVE, JOY AND HOPE

"Love for God is essential for life and health. In order to have perfect health our hearts must be filled with hope, and love, and joy". E G White (1900)

"And now abide faith, hope, love, these three; but the greatest of these is love." 1 Corinthians 13:13

"If someone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen? And this commandment we have from Him: that he who loves God must love his brother also." 1 John 4:20-21

OUR VALUES

HEALTH & WELLNESS

Health and wellness is the entering wedge whereby we will meet people and form lifelong, and hopefully eternal, friendships.

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." 3 John 1:2

TEACHING

We should educate, educate, educate, pleasantly and intelligently, through the pen, words and actions.

*"Jesus went about all Galilee, teaching in their synagogues,..."
Matthew 4:23*

HOMELIKE (HOMELY FACILITIES)

Manna House will project a simple but cosy and comfortable environment where health guests will feel at ease, safe and free to use the facilities and mingle with staff and others.

"It is that thirsting souls may be led to the living water that we plead for sanitariums, not extensive, mammoth sanitariums, but homelike institutions in pleasant places." E G White

TRANSFORMATION

Our raison d'etre is to share God's love with a dying world that their life may be transformed into the image of Christ and they receive eternal life.

"having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever". 1 Peter 1:23

OUR VALUES

NATURAL HEALTH

Our default position is and will be the Bible followed by the inspired guidance in the Ministry of Healing and Counsels on Diet & Health by E G White.

“If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you.” Exodus 15:26

We will ascertain and response to the cause of disease (“the curse causeless shall not come” Proverbs 26:2). We will use natural remedies including plant based diet, rest, solar therapy, water, exercise, temperance; and rational therapies such as hydrotherapy, massage and encourage a firm trust in God as our creator.

TRUE SCIENCE

We will underpin our teaching with True Science which is based on the Bible.

“avoiding profane and vain babblings, and oppositions of science falsely so called” 1 Timothy 6:20

There is a raft of evidence which confirms the approach taken in The Ministry of Healing and other guidance from E G White.

These include:

Adventist Health Study <https://adventisthealthstudy.org/>; Blue Zones

<https://www.bluezones.com/>; Nutrition Facts Dr Gregor

<https://nutritionfacts.org/>; and others.

OUR VALUES

OBEDIENCE

We will live what we teach and encourage others to do so as well.

“And if you faithfully obey the voice of the LORD your God, being careful to do all his commandments that I command you today, the LORD your God will set you high above all the nations of the earth. And all these blessings shall come upon you and overtake you, if you obey the voice of the LORD your God.” Deuteronomy 28:1-2

HONESTY

We will be truthful and transparent in all our actions, words, and decisions in order to build respect, trust and confidence in Manna House and its mission.

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” Philippians 4:8

TEACHING

Through the gift of the Holy Spirit we receive the same power which Jesus had to heal *“all manner of sickness and all manner of disease among the people.”* By healing in His name the diseases of the body, we will testify to His power for the healing of the soul. Matthew 4:23; 9:6

We in turn can share that power with others.

“And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations..Teaching them to observe all things whatsoever I have commanded you”. Matthew 28:18-20 “You shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.” Acts 1:8

STUDENT REQUIREMENTS & EXPECTATIONS

Spiritual Commitment

Students must be baptised members of the Seventh-day Adventist Church and provide evidence of their baptism. A consecrated and obedient life in accordance with the Ten Commandments is essential. Evidence of church affiliation and two written references (one from a pastor, elder, or health leader) is required.

Where students are **not baptised or SDA, there will be exceptions**, but they must demonstrate their willingness to follow Christ's example of Sabbath compliance and adhere to orthodox SDA standards.

"The Lord has no use whatever for men (and women) who are not wholly consecrated to His service." – Medical Ministry, p. 207

Educational Requirements

All students must have studied **Isaiah 58** and read, at minimum, the following books:

- Ministry of Healing (Essential Reading)

Supplementary Reading:

- Counsels on Diet and Foods
- Medical Ministry

Familiarity with the Medical Missionary Manual is expected, and this should be used as a guide throughout your training.

"The whole of the Fifty-eighth chapter of Isaiah is to be regarded as a message for this time." – Special Testimonies, Series B, No. 2, p. 5



TRAINING COSTS AND WHAT'S INCLUDED

The cost of the Gospel Medical Missionary Training is **£1495**, with a reduced rate of **£1395** available to current members of the **Association of Health Reformers**.

The training fee includes:

- All in-person training sessions and lectures
- The LIGHT manual and preceptorship folder
- Accommodation at Leeming Garth Manor
- All meals during the training period
- Use of the laundry facilities (one wash load per week)

Please note the following are not included in the training fee:

- **Health Coaching Kit** – This essential kit is available to pre-order at an additional cost of £425. This kit needs a three week order notification.
- **Printed materials** – Students will be responsible for printing any hard copies of materials provided during lectures. Printing costs are as follows:
 - Black and white: £0.05 per sheet
 - Double-sided: £0.08
 - Colour: £0.20 per sheet
- **Books** – Students are expected to have access to the following key texts:
 - The Bible
 - Ministry of Healing
 - Counsels on Diet and Foods

Additional Requirements

Students should bring:

- A laptop or digital device to access online training material
- Writing materials, notebooks, and folders for personal study and note-taking

REGISTRATION & PAYMENT

To apply for the training, students must submit a **£100 administration fee along with their completed Registration Form** to:

Manna House Health Education & Wellness CIC

Bank: Wise.

Sort code: 23-14-70

Account number: 90737473

- If your application is successful, the £100 fee will be deducted from your final training balance.
- Upon acceptance, a **50% deposit** is required to confirm your place.
- The remaining balance must be paid no later than 10 days before the training begins.

All payments to Manna House should use your Surname followed by GMMT as reference.



YOUR STAY

Welcome to Leeming Garth Manor (LGM)—a sanctuary for those pursuing health, knowledge, and country living. As a residential student, you're not only participating in a life-changing educational experience at Manna House Health Education & Wellness, but you're also becoming part of a community that embraces simplicity, purpose, and service.



This handbook outlines our ethos, expectations, and practical guidelines to support your time here. We encourage you to read it thoroughly and refer to it as needed during your stay.

Leeming Garth Manor is a 17,200 sq. ft. historic home set on 4.7 acres in the countryside of North Yorkshire. With 35 bedrooms, a rear garden, and a front paddock, it offers a rural lifestyle rooted in stewardship, self-sufficiency, and spiritual growth.

As a student-resident, you are invited to live in harmony with the natural world and fellow learners, cultivating habits that benefit your physical, mental, and spiritual health. Students are expected to treat the facilities with respect and care.

YOUR STAY

To be a student at Manna House-LGM is to step into a sacred calling. This is a place of learning, but also of living. Here, you are not only taught skills, you are shaped by principles and prepared for a life of gospel service. Through surrender, service, and practical ministry, you will become part of a movement that brings healing to body and soul.

“By beholding Him they will be changed into His likeness.” – Counsels on Health, p. 528

Unless students are married with their spouse also attending the training there will be single sex bedrooms that are shared. Students will be responsible for ensuring shared shower rooms are kept clean daily.

Daily Chores & Communal Care

- All student-residents are expected to participate in household upkeep. Communal areas such as toilets, lounges, corridors, chapel, meeting rooms, bathrooms and dining rooms must be cleaned on Friday, Sunday, and Wednesday. A rota will be established to facilitate cleaning.
- **Clean as you go: Attend to messes when they appear to reduce workload on official cleaning days.**

Outdoor Gardening

- Daily outdoor activity (except Sabbath) is a core part of life here. Each student is expected to help in the gardens or maintain a raised bed.
- Inspired by Eden, this practice builds resilience, fitness, and joy.

"Let men and women work in field and orchard and garden..."

— Ellen G. White



YOUR STAY

Respect for Resources

Food Stewardship

- Avoid food waste. Plan well. Store leftovers and use within 3 days.
 - If food is wasted, students may be asked to replace or pay for it.
- "Economy is a very valuable science..."— Ellen G. White

Utilities

- Be energy conscious:
 - Turn off lights, heaters, and taps when not in use.
 - Use shared resources responsibly.

Breakages

- Report all breakages (dishes, appliances, furniture, etc.) immediately to the Estate Director or Health Director.

Food Supplies

- If staple foods run out or spoil, notify the Centre Manager promptly.

Personal Supplies

- UK Students—Bring your own:
 - Bed linen and towels, slippers, shower flip-flops or shower mat. LGM provide **double quilt** and one pillow per single bed.
 - Toiletries and hygiene products
- Manna House linens and towels are for health guests only and must not be used by students.
- Exceptions are made for students who are travelling from overseas, where bedlinen will be provided, however overseas will be responsible for washing the bedlinen and maintaining the quality of the sheets and linen.

YOUR STAY

Personal Responsibility

Meal Preparation

- The diet at LGM is whole food, plant-based. Student's are encouraged to adopt this lifestyle for their own personal health. No animal flesh is permitted on the premises.
- We encourage students to eat together and discourage eating food in bedrooms.
- As part of the training students will be preparing the meals; cooking simple but healthy plant-based meals for the group. A menu will be provided.
 - Students will receive training on equipment like the grain grinder, air fryer, or juicer before using.

Food Hygiene

- Students will be expected to have undertaken **Food Hygiene and Safety Level 2** for catering prior to attending the GMMT. A certificate of completion will need to be submitted before commencing the training. The Food Hygiene training is widely available online for e.g. <https://www.reed.co.uk/courses/food-safety>.

Meal Times – Student Dining Room

During the week, meals are served in the **Student Dining Room** at the following times:

- Breakfast: 7:30 AM – 8:10 AM
 - Food service ends at 8:00 AM.
- Lunch: 1:00 PM – 1:45 PM
 - Food service ends at 1:20 PM.

Seconds are allowed once everyone has been served or at least 10 minutes before food service ends.

YOUR STAY

Laundry

- Students will be responsible for washing their own clothes, using their own washing powders/liquids/fabric conditioner. The use of the domestic washing machine is available for **full loads**.
- Dry clothes and bedlinen outdoors when possible.

Personal Appearance & Dress

Appearance is a personal witness for Christ. Students should wear simple, neat, modest, and practical clothing that is clean, coordinated, and dignified.

“Deck thyself now with majesty and excellency; and array thyself with glory and beauty.” — Job 40:10

While Manna House does not enforce a uniform, all students must adhere to the following **Dress Reform** principles:

- Tight or form-revealing clothing is not allowed.
- Transparent fabrics or garments exposing underwear are strictly forbidden.
- Both men and women are expected to dress modestly at all times.
- Women who wear trousers should ensure that the hips, even thighs, are well covered.
- Day clothes should not reveal the chest or hip region.
- Heavy cosmetics are discouraged.

*“The workers are to practice the principles of health reform in all that they do—standing, walking, breathing, eating, and dressing.”
— Medical Ministry, 212.2*

“Modest and neat dress of workers, but deportment is more important.” — Counsels on Health, 292

YOUR STAY

Waste & Recycling

To support our commitment to sustainability, please follow our recycling guidelines:

- **Blue-lid bin** (outside the West Wing): For plastic and paper recycling.
- **Black-lid bin**: For non-recyclable waste only.
- **Large yellow bins** (located in the back garden): For food waste, biodegradable organic matter, and tissue paper.

Please take a moment to separate your waste correctly. Thank you for helping us care for our environment.

Organisation and Efficiency

- Return tools and cleaning equipment to their correct place after use.
- Example:
 - Kitchen mops stay in the kitchen cleaning room.
 - Vacuum cleaners return to the central storage.

"Redeeming the time..."— Ephesians 5:16

Skill Sharing

- Students are encouraged to contribute at least one skill:
 - Gardening, cooking, cleaning
 - Teaching, carpentry, sewing
 - Admin, first aid, etc.



Conduct

Students are expected to:

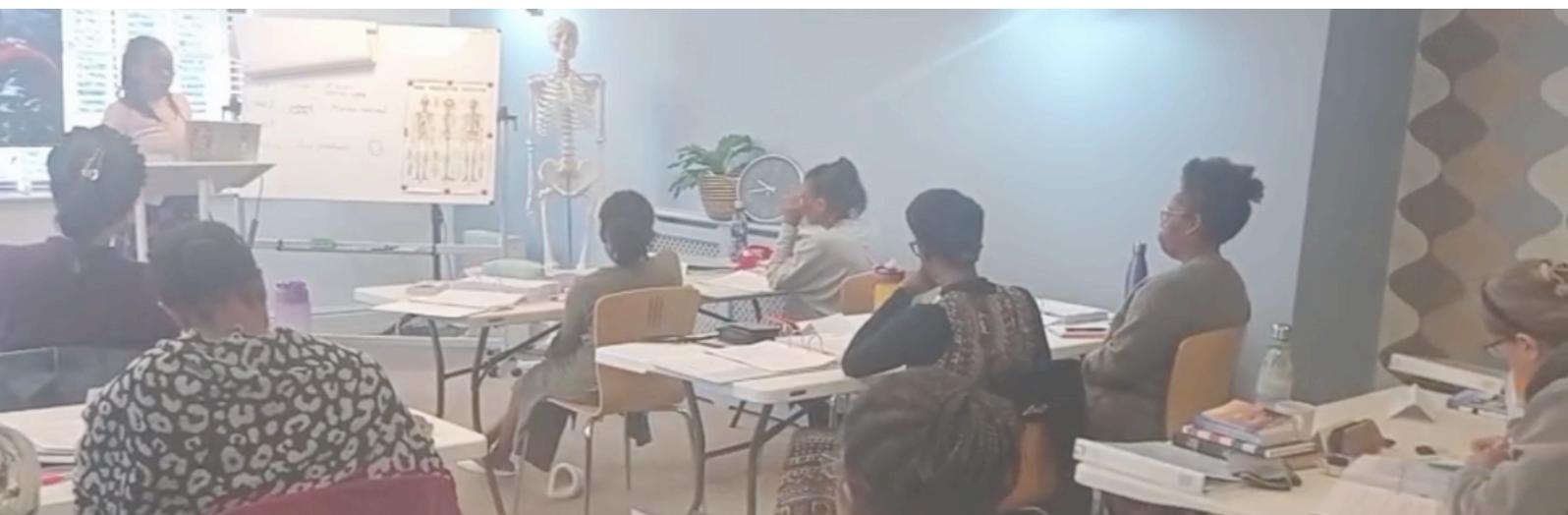
- Be punctual for all devotionals, classes, and assigned duties
- Treat staff, guests, and fellow students with kindness and respect
- Keep living areas clean and orderly
- Maintain an air of peacefulness at LGM
- Cultivate a reverent and cooperative spirit
- Avoid gossip, complaining, or sowing discord
- Maintain consistent personal devotion and Bible study
- No use of alcohol, tobacco, recreational drugs, or harmful media

This programme is more than educational, it is transformational. Your influence and example are part of your witness as a gospel medical missionary.

“Let our people show that they have a living interest in medical missionary work.” – Counsels on Health, p. 425

Mobile Phones and Devices

To protect the spiritual and mental atmosphere at Manna House, mobile phone usage should be limited and discreet. We encourage digital fasting, especially during practical training and devotionals. Phones must be silenced and should not be used during classes, treatment sessions, or worship.



YOUR STAY

Preparation Day

- From Thursday evening (winter) or Friday evening (summer) to Sabbath sunset, you must help prepare the property:
- Clean communal showers, toilets, and kitchen
- Vacuum and mop floors
- Prepare food for Sabbath
- Students are to undertake all their duties before shopping or going into town on the preparation day.

Weekly Rota

- A weekly task rota will be shared. All students must fulfil their assigned duties.

Attendance & Absences

Attendance at all scheduled classes, devotionals, practical sessions, and duties is compulsory unless prior permission has been granted by the programme coordinator. Students are expected to be punctual and reliable, as consistent attendance is vital for both personal growth and the overall effectiveness of the training.

In the event of illness or an emergency, students must notify their mentor or the programme coordinator as soon as possible. Absences without communication will be considered unexcused and may impact your continued placement at Manna House.

“Faithfulness in little things fits us for higher responsibilities.” – Christ’s Object Lessons, p. 356

“He that is faithful in that which is least is faithful also in much.” – Luke 16:10

Health, Safety & Emergencies

Please inform staff of any pre-existing health conditions. We are not a medical facility, and students are responsible for their own health insurance and medications.

PRACTICUM & CERTIFICATE

All students enrolled in the Gospel Medical Missionary Training are required to complete a **Preceptorship and Practicum** in order to consolidate their learning—particularly in the areas of **Body Chemistry Analysis, hydrotherapy and coaching.**

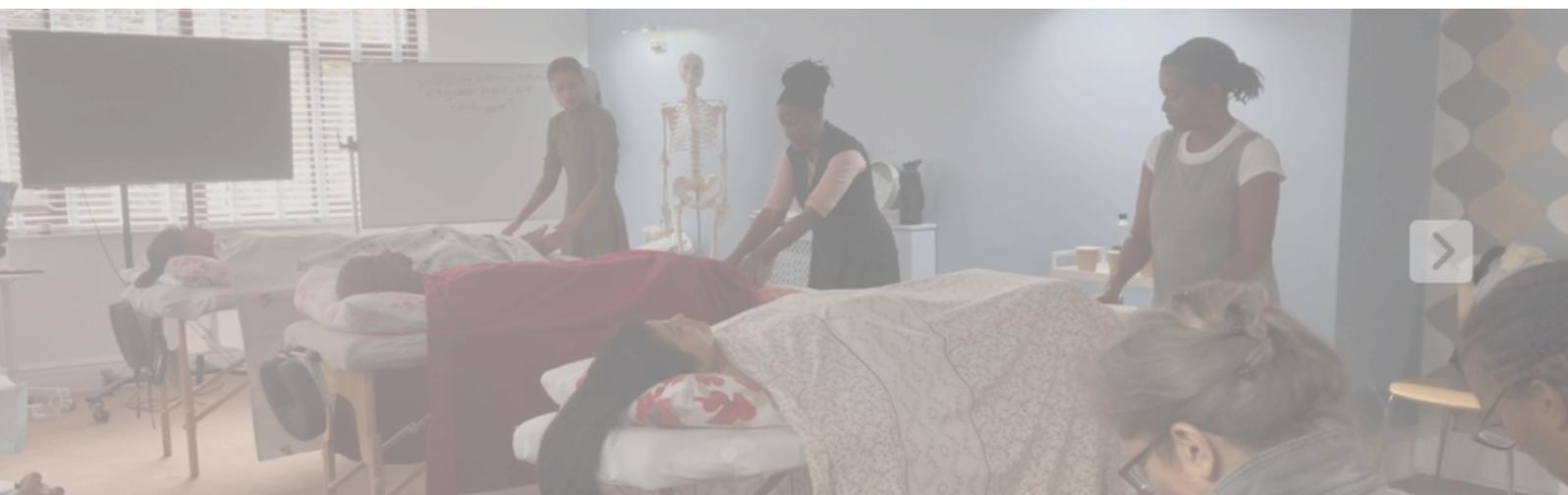
Practicum Requirements

- The practicum is to be completed at Manna House Health Education & Wellness, where students will gain supervised, hands-on experience applying the principles and tools taught during the course.
- This practicum must be undertaken within 18 months of completing the core training programme.
- Please note: Manna House is closed during the winter months (November to February). Students should plan accordingly when scheduling their practicum.

Alternative Options for Overseas Students

For students who are unable to travel to Manna House—particularly international students—there may be an opportunity to complete the practicum at a recognised Lifestyle Centre that practices RBTI (Reams Biological Theory of Ionisation).

This option must be pre-approved by both Manna House and the Director of the partnering Lifestyle Centre.



Certificate of Completion

Upon successful completion of the practicum, students will be awarded a Certificate of Competence, jointly endorsed by:

- Manna House Health Education & Wellness
- The Association of Health Reformers

This certificate recognises the student's proficiency in practical Gospel Medical Missionary work, including body chemistry assessments and protocol development.

If a student is unable to complete the practicum, they will receive the LIGHT Certificate only, acknowledging their participation in the core training programme.



SUMMARY

At Manna House, we believe that health and healing are inseparable from the gospel commission. You are not merely a student, you are a future ambassador of health reform and gospel hope. This training is designed to prepare you for life and mission, not just work. As you learn, serve, and grow, remember that the gospel medical missionary is Heaven's appointed agency for reaching both body and soul.

"The work of the true medical missionary is largely a spiritual work. It includes prayer and the laying on of hands; he therefore should be as sacredly set apart for his work as is the minister of the gospel." – Medical Ministry, p. 239

And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people. Then His fame went throughout all Syria; and they brought to Him all sick people who were afflicted with various diseases and torments, and those who were demon-possessed, epileptics, and paralytics; and He healed them. Great multitudes followed Him.. Matthew 4:23-25

Let this time at Manna House be the beginning of a life wholly consecrated to God, your body, mind, and spirit in service to others and to the final work of preparing a people for the Lord's return.

CONTACT DETAILS

Gospel Medical Missionary Registration form:

<https://forms.gle/R5czvW2dWZPmp2xcA>

Manna House Health Education & Wellness

website: www.mannahousehealth.com

Email: mannahousewc@gmail.com

Mobile: +44 7949 076276

Association of Health Reformers

Website: www.ahreformers.co

Email: ahreformers@gmail.com

Mobile: +44 7877 508257

Lay Institute of Global Health Training

Website: <https://lightingtheworld.org>



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OF
HEALTH REFORMERS