

Steve Horton M.Div., MPH

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Steve Horton, Vice-President for Ministries of the Central California Conference and CEO of Pacific Health Education Center is enthusiastic about health and wellness, believing that a *Longevity Lifestyle* is not only possible but also can be effective and enjoyable. Even fun. His goal is to provide educational resources in a stimulating, easy-to understand, and practical-to-apply format. When implemented as part of a life-time commitment, the information and strategies can help people in the community become more aware of simple lifestyle changes they can make to benefit their overall health, avoid preventable diseases, and reduce symptoms associated with chronic illnesses to the extent possible.

Pacific Health Education Center
5300 California Avenue, Suite 200, Bakersfield CA 93309 USA

Websites:

www.PacificHealth.org
www.LongevityLifestyleMatters.com and www.LLM.life

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PRESENT POSITIONS

Vice-President for Ministries of the Central California Conference, Clovis, California, USA, 2001 to the present

Chief Executive Office, Pacific Health Education Center (PHEC) Bakersfield, California, USA, 2009 to the present

For PHEC, oversees and directs Operations, Business, and Strategies for local, national, and international community health restoration activities and programs. Oversees multiple real estate holdings. Directs business activities and manages investments. Sponsors educational endeavors in Cuba, India, and The Philippines

PROFESSIONAL ACTIVITIES

Vice President of San Joaquin Community Hospital Board, 2010 to present

Collaborated with various organizations, churches, and youth groups to promote health, wellness, and lifestyle improvement including: Developing and facilitating volunteer committee for development and implementation of ministries in the areas of Family Life, Prison Ministries, Disaster Relief, Hope for Humanity, Inner City/Community Service, Health, Church Leader/Officer, 1976 to the present

Served on multiple community and faith-based committees to promote health and wellness throughout California.

Coordinated the Cal-Fresh nutrition education program for Kern County for two years

Presented public health programs in twenty-seven Fresno County libraries for children

Seminars and Conferences

Develops and promotes retreat-based seminars and brain conferences nationally and internationally for the purpose of promoting healthier lifestyles, for men, couples, singles, and seniors.

Presented scores of youth conferences challenging thousands of young people to embrace a healthier lifestyle.

Coordinated a national Men's Conference on the USS Hornet in Alameda, California.

Certifications

- Certified Facilitator for Longevity Lifestyle Matters Program and the LLM Facilitator Certification program worldwide
- Certified Facilitator for the CHIP (Cardiac Health Improvement Program)
- Certified Facilitator for Addiction Recovery Programs
- Certified Facilitator for Full Plate Diet Programs
- Certified Facilitator for Dr. Neil Nedley's Depression Recovery Program

Training

- Provided training for Certified Facilitators of Longevity Lifestyle Matters Program worldwide
- Provided training of Facilitators for the Full Plate Diet of Lifestyle Center of America
- Provided training for Don Hall's program: Eight Weeks to Wellness
- Provided training for directors of the Coronary Health Improvement Project (CHIP)
- Provided training for Certified Presenters in the Neil Nedley MD Depression Recovery Program
- Co-sponsored training for Addiction Recovery Program presenters

Life Hope Centers

Developed and implemented Life Hope Centers, training personnel in central and northern California. This involved training hundreds of individuals in how to assess community needs and develop programs to address those needs, including health care clinics that provide:

- Dental Care
- Vision Care
- Life-style Counseling
- Community engagement
- Health screening
- Basic Life Skills
- Tutoring Projects
- Hands that Help
- Open Arms HIV/AIDS

HUMANITARIAN ENDEAVORS

Sponsors and leads trips nationally and internationally to provide humanitarian services.

Oversees the presentation of annual seminars in central California that include:

- Nutritional presentations
- Massage therapy
- Health seminars that offer CA BRN CE credit for nurses
- Exercise classes
- Family Life seminars
- Brain conferences

PUBLICATIONS, BOOKS

Steve is part of the Longevity Lifestyle Matters Team and contributed to the following LLM products:

- Longevity Lifestyle Matters—Keeping your brain, body, and weight in the game
- Longevity Lifestyle Matters Companion Notebook
- Longevity Lifestyle Matters Expedition Game

He coordinates the presentation of LLM programs worldwide.

Has authored multiple articles in various publications.

EDUCATION

Master of Public Health Arts, Loma Linda University, Loma Linda, California

Master of Divinity, Andrews University, Berrien Springs, Michigan

Bachelor of Arts, Oakwood College, Huntsville, Alabama

General Studies, Santa Clara University, Santa Clara, California