

22 WAYS YOUR CONGREGATION CAN
SOW SEEDS OF WELLNESS FOR BODY, MIND AND SPIRIT:

1. Form a HEALTH COMMITTEE.
2. Commission a PARISH NURSE to minister with your congregation.
3. Offer a class on "HEALTH AND THE BIBLE."
4. Put up a monthly "Health and Faith" BULLETIN BOARD.
5. Begin a SUPPORT GROUP for persons living with diabetes.
6. Train deacons and ushers in CPR and use of AED.
7. Sponsor a WELLNESS CELEBRATION.
8. Train VOLUNTEERS to visit in nursing homes.
9. Offer an EXERCISE CLASS.
10. Hold a RETREAT for grandparents and grandchildren.
11. Serve HEALTHY REFRESHMENTS at gatherings.
12. Start a "Faith and Health" collection in the church LIBRARY.
13. Hold a "Prayer Walk".
14. Create a TRANSITION SUPPORT TEAM for members who are moving to a care facility.
15. Teach a class on "GIFTS OF THE SPIRIT".
16. Train volunteer NURSERY ATTENDANTS.
17. Conduct BLOOD PRESSURE SCREENINGS after worship.
18. Plan and carry out a workshop on "SABBATH KEEPING."
19. Sponsor a BLOOD DRIVE.
20. Conduct a "SERVICE FOR WHOLENESS."
21. Begin a support group for SINGLE PARENTS.
22. Conduct personal HEALTH RISK ASSESSMENTS for members.