



Interested in starting a Health Ministries Committee in Your Church?

Faith communities have a special role to play in helping their members eat smart and move more. Faith communities care about individual members' health, have programs and services that support their members, are centers of their communities, and have leaders who are widely respected.

How can starting a Healthy Bodies, Healthy Spirits program benefit your congregation?

Health messages from the church community may have a larger impact on individuals by making the link between faith and health.

- Church members may be more open to health messages received from other leaders in their church.
- Many people will share the information they receive from the church with their family at home.
- Churches can spread health messages into the larger community through elder care, youth and child care programs.
- Changes made within a church encourage people to make healthy choices.

What might a Churches Health Ministry Look Like:

- Ministry of Visitation with trained visitors
- Ministry with residents of nursing homes
- Support for families with children with special needs
- A Clothes Closet that serves the working poor
- Support Group for Caregivers
- Care Team
- Assisting in a Free Clinic
- Developing a Healthy Food Policy for Churches and Food Pantries
- Services of Healing and Wholeness
- Ministry with members of the military and their families
- Medical mission trip
- Making Prayer Shawls
- An exercise class for older members in the congregation and community

And the list goes on.....

To learn more about starting a Healthy Bodies, Healthy Spirits program in your church contact Rev. Claire Butler, WV Presbytery Health Ministry Consultant. claire.butler@heart.org

