

**HEALTHY BODIES &
HEALTHY SPIRITS &
WEST VIRGINIA**



Save the date! Save the date! Save the date!

October 3!

West Virginia Healthy Faith Summit

**At West Virginia Wesleyan College
in Buckhannon WV.**

**Let's protect our kids from future heart disease and diabetes!
Help our church members live long, healthy lives!
Get West Virginia off the top of the worst health lists!**

Who's organizing this?

Methodists, Presbyterians, Catholics, American Baptists, the Council of Churches, the Arthritis Association, the American Heart Association and others are joining forces with Try This West Virginia, a statewide healthy lifestyle movement.
(www.trythiswv.com)

It's time to take action!

On October 3, people from all over West Virginia will meet in Buckhannon to strategize ways to spread a healthy faith network all over the state.

Let's do it!



identify a network of interested churches and other faith organizations in every county



help that network find ideas, examples and ready-made programs they can use. No need to reinvent the wheel!



visit model West Virginia programs and create short videotapes that other churches in the network can use for inspiration in their Sunday School classes

At the meeting, you'll:



enjoy Inspiring speakers:



choose from "How-to" sessions on ways to start a Couch to 5K running program, a Chronic Disease self-management class, Introduction to the "Daniel Plan," and a Healthy church food workshop!

**More detailed information will follow soon.
For now, save the date!**