

Try This minigrants up to \$3,000 available to churches that partner with community groups on healthy projects!

Are you worried about the health of the kids in your church? Tired of burying people before their time? Do you know about the research that says healthy eating and physical activity lower the risk of heart disease and diabetes and early death? These are interfaith questions, not just Presbyterian questions.

Isn't taking care of our God-given bodies part of our spiritual practice?

What can an individual church do? First go to www.trythiswv.com and look at hundreds of projects West Virginians are already doing. Then go to www.trythiswv.com/conference and consider going to the Try This conference June 3-4, with a minigrant application in mind to help pay for *your* healthy-community project.

Last July, First Baptist of Kenova applied for a Try This minigrant. They used it to train people from ten Huntington-area churches to offer The Daniel Plan, a nationally-praised healthy living plan, to people at their churches. After the training, participants offered the program in their own churches, aiming to lower people's risk of heart disease, diabetes, and other chronic illness.

Other churches carry out healthy child care projects, community gardens, walking trails, you name it! The aim is: get community partners working and planning together. This is a mission!

Pocahontas Episcopal Ministries partnered with Linwood Child Care Center for a children's gardening project. They understand that if kids grow it, they want to eat it! What might you do? Go to www.trythiswv.com/minigrants and look at the projects that are currently funded. They may give you ideas about projects and partners.

The WV Healthy Bodies Healthy Spirits network will meet at the Try This conference! One more reason to come!

Join the growing West Virginia healthy-community movement! If we are to get off the top of the worst health lists, we need an interfaith effort that goes across denominations. See www.wvhealthyfaith.org for more information.

Questions? Contact Joshua Sowards, Coordinator, Healthy Bodies Healthy Spirits.
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