

Lifestyle Medicine Programs for Your Wellness Ministry February- May 2018 Classes and Workshops



Cabarrus Health Alliance (CHA), Public Health Department for Cabarrus County, in collaboration with Hood Theological Seminary (HTS) will be offering free wellness programming for faith communities. Programs will focus on lifestyle related education (i.e. physical activity, nutrition, stress management) and policies to encourage healthier people and places of worship. Emphasis will be placed on self-care as well as effective strategies for health and wellness ministry outreach. All programming is sponsored by the Kate B. Reynolds Charitable Trust.

Location: All workshops and classes will be held at Hood Theological Seminary, Room 320
1810 Lutheran Synod Drive | Salisbury, NC 28144

Who can attend? All workshops and classes are open to HTS students/alumni, community clergy/leadership, and church volunteers interested in offering wellness related activities to their congregation.

To register for any of the classes or workshops below, contact Jenn West:

Office: (704)-920-1337, Cell: (704)-787-1988 or jennifer.west@cabarrushealth.org.



9-Week Faithful Families Eating Smart and Moving More Series

Faithful Families (FF) was developed to help individuals and families connect **healthy eating** and **physical activity** to their religious or spiritual beliefs. Each lesson offers discussion questions and suggested activities to help participants talk about their eating habits, physical activity and faith. FF guides participants to engage in better self-care for themselves and their families.

RSVP by Friday, February 9th.

You will:

- *Learn* to plan, shop for, and prepare healthy meals for your family
- *Discover and taste* delicious, healthy, family-friendly recipes
- *Explore* simple ways to be physically active
- *Talk* about the connections between food, physical activity and faith
- Learn about community resources to support the health of your congregation

Choose from one of two 9-week sessions below.

Option 1: Thursdays: 9:30-10:45am

Dates: Feb 15th, 22nd

March 8th, 15th, 22nd (no class 1st or 29th)

April 5th, 12th, 19th, 26th

Option 2: Saturdays: 8:45-10:00am

Dates: Feb 17th, 24th

March 3rd, 10th, 17th (no class 24th or 31st)

April 7th, 14th, 21st, 28th



Ministry Workshops

Participants will learn about lifestyle related programs and resources that can have a positive impact on their faith community. ***All workshops will be from 8:45am-10:30am and include a light breakfast.***

Train the Trainer workshops are indicated by the *. Participants in these workshops will be encouraged to take the information learned and identify opportunities to share with their faith community. Specifically, churches *that offer at least one of the recommended programs to their faith community will be entered to win \$100 towards their wellness programming by evidence of documentation. To document evidence of program implementation, event photos and participant surveys will need to be turned into CHA staff.*

Saturday, February 3: Wellness Programs and Resources –RSVP by Tuesday, January 30th

This workshop will provide a high level overview of programs, activities, and policies that have been implemented in a faith based setting. Participants will receive resources to help start and/or support their efforts in creating a culture of health within the faith setting. Sample topics include: community gardens, diabetes prevention classes, and healthy food pantry makeovers.

***Saturday, March 24: Train the Trainer Physical Activity Programs and Resources- RSVP by Tuesday, March 13th**

This workshop will provide an overview of effective physical activity programs and local resources that can be instrumental in improving the health and wellness of the community. Participants will learn how to integrate physical activity into their faith community culture through on-site exercise classes as well as walking groups and challenges. In addition, information about free and low cost exercise resources will be provided.

***Saturday, May 5: Train the Trainer Nutrition Demonstration- RSVP by Tuesday, April 24th**

This workshop will offer participants the opportunity to learn four quick and easy recipes to reduce inflammation associated with chronic diseases like diabetes, heart disease, high blood pressure, and arthritis. Recipes will include foods that can also improve mental clarity and mood (i.e. anxiety and depression). Participants will work together in small groups to prepare one to two recipes to share with the group. At the end of the class, participants will taste test their creations and discuss opportunities to share with their others.

Instructors:

Greg Stewart, NETA, is a Public Health Educator and Health Coach for Cabarrus Health Alliance. Mr. Stewart studied Psychology at Livingstone College and has completed coursework in the Masters of Theology Program at Hood Theological Seminary. He is also a Certified Wellness Coach and National Exercise Trainers Association (NETA) Personal Trainer. Mr. Stewart has over 20 years of experience providing physical activity, nutrition, and stress management education to underserved communities. In 2017, Greg received the Jeanne Palmer Health Educator Excel Award for his commitment to providing creative solutions to reaching underserved community members. Greg has trained 200 lay health volunteers in over 35 African American churches to facilitate safe and effective exercise and nutrition classes at their churches.

Jennifer West, MS, ACSM-EIM, is a Program Manager at Cabarrus Health Alliance. Ms. West studied Exercise Science at Southern Connecticut State University and Nutrition at Saint Joseph College in Connecticut. She is a Certified American College of Sports Medicine (ACSM) Health and Fitness Specialist and Yoga Alliance Registered Yoga Teacher. Over the past 10 years, Ms. West has successfully implemented a variety of faith based physical activity and nutrition grant funded programs in lower income, underserved communities.

Both Jenn and Greg are the recipients of the 2012 President's Council on Fitness, Sports and Nutrition Community Leadership Award for their work on the Healthy Lives Healthy Futures community based lifestyle program.