

## Health and Wellness Ministry

**Chairs: Cynthia Pullen-Thompson and Deaconess Gladys Evans**

**The Health and Wellness Ministry** offers a series of prevention and intervention health workshops to improve the health and quality of life for Mount Olive Baptist Church membership and the broader community. By increasing the knowledge of and improving the health practices of MOBC members, it is our aim to have fewer health crisis amongst our membership.

**Description of Workshop Series:** Beginning in January 2015 we will have bi-monthly workshops on the **4<sup>th</sup> Saturday of the designated month from 10:30a.m.-12:30 p.m.**

January Is **Cervical Health Awareness Month**

Workshop: **An Ounce of Prevention...**

Good health practices that prevent cancer. We'd like to focus on what we can do to prevent our bodies from being sick with any form of cancer. Guest Presenter

March is **National Nutrition month**

Workshop: **Eating to Live: Feeding Our Taste buds and Bodies Healthily** A discussion and demonstration of healthy eating that tastes good too. Cynthia Pullen-Thompson and Committee

May is **Mental Health Month**

Workshop: **Let the mind that is in Christ be in you:** Alleviating stress and maintaining a sound mental state. Gladys Evans and Committee

July: A **Health Information Fair** with screenings, information booths and fun activities that promote good health practices

September is **National Yoga Awareness Month:** Interactive workshop on the benefits of Yoga and Meditation. Guest presenter.

November is **American Diabetes Month-Naturally Reversing Diabetes:**

Workshop: Did you know that Type II Diabetes is reversible, with just some changes in your diet, response to stress and more? How to naturally reverse diabetes. Guest presenter