Look for ways to include physical, mental, and spiritual health into church life.

Start small!

While keeping available resources in mind, find 2-3 health projects to try out for a year.

Recognize the relationship between physical well-being and spiritual health.

Look for ways to incorporate health into worship and other church activities.

LEARN MORE:
umcabundanthealth.org
1. **START CONVERSATIONS**

Discuss how your local church can address the needs of your congregation and community.

Talk with your pastor or church members involved in health care.

Gather a group of supporters.

2. **FIND OUT WHAT PEOPLE NEED**

Think outside of your church walls.

- Hospital Fairs
- Hospital Visits
- Prayer Chain
- Support Groups
- Blood Pressure Screenings

3. **USE AVAILABLE RESOURCES**

Reach out to local health care providers and clinics for possible partnerships with your church.

Team up with existing ministries that are already involved in health programs.