

## **POSSIBLE HEALTH ACTIVITIES, PROGRAMS AND MINISTRIES**

The following list of health activities are shared as possible healthy activities that your congregation might do. This list is shared as an aid to help you identify healthy activities in your congregational programs and maybe spur you into action in a new direction. The list is not intended to limit your creativity. Be sure to include healthy activities that are not on the list.

### **Community Care for Dependents**

After-school Child Care/Tutoring  
Caregiving Classes and Support  
Church Participation in Meals on Wheels  
Day Care  
Preschool  
Preschool Screening  
Shopping for Shut-ins  
Summer Recreation Program for Children/Youth  
Town Team Sports in Church Gymnasium  
Transportation for Shut-ins

### **Community Care for Those in Financial Need**

Christmas Giving Tree  
Collections for UM Agencies Serving the Needy  
Distribution of Items for Needy (food baskets, etc.)  
Eyeglasses Collection  
Food Bank  
Food, Toiletries, and Baby Care Supplies  
Make Baby Quilts for MAM/Other Ministries  
Shoe Collection  
Thrift Shop  
Transient Assistance  
VIM Work Teams to Health Care Missions  
Volunteers for Health Clinics for the Uninsured

### **Congregation/Community Support**

Adopt-a-Grandparent Program  
Bereavement Ministry (food delivery, visitation, follow-up)  
Card Ministries  
Care Packages for College Students  
Christmas Caroling to Shut-ins  
Fellowship Activities  
Ministry for Home/Hospital/Nursing Home  
Mother's Day Out  
Neighborhood Care Units  
Stephens Ministry or Other Trained Visitation  
Telephone Care Ministry  
Transportation Ministry  
Blood Drive

### **Disease Prevention/Management Education**

Chemical Dependency Awareness Class  
Dental Health Class  
Drug Interactions Workshop  
Eating Disorders Class  
First Aid Training  
Fitness/Nutrition Programs  
Healthy Heart Class  
Living with Alzheimer's Class  
Living with Cancer Class  
Living with Mental Illness/Depression  
Living with PMS

Red Ribbon Week Activities  
Update Your Home First Aid Kit Seminar  
Women's/Men's Health Issues Services

### **General Health Awareness**

Bulletin Board Displays  
Children's Sabbath  
Health Fairs  
Inserts for Worship Bulletins  
Missions and Health Ministry Fairs  
Newsletter Articles, Brochure Displays, Health Library  
Wellness Weekend Retreats

### **Health Screenings**

Blood Glucose Screening  
Blood Pressure Screening  
Cholesterol Screening  
Depression Screening  
Diabetes Screening  
Drug Interaction Check by Pharmacist  
Glaucoma Screening  
Well Adult Screening  
Well Child Screening

### **Healthy Facility**

Building Accessibility Improvements  
CPR/First Aid Training for Church Staff and Volunteers  
Large-Print Hymnals  
Providing Healthy Choices for Meals and Snacks  
Safety Inspection for Church Playground Equipment  
Smoke Alarm Check at Church  
Update Church First Aid Kit/Equipment

### **Interagency Cooperative Efforts**

Building Available to Outside Health Providers  
Church Involvement in Community Health Care Planning  
Health Care Ministries in Cooperation with Ministerial Alliance/Other Congregations  
Parish Nurse Network Participation  
Special Offerings for Church-sponsored Health Care Ministries and Missionaries

### **Life Planning Education**

Advance Directives Classes  
Caring for Your Elderly Parents Class  
Dying/Death/Grief Class  
Law and Medicine Seminar  
Medicine and Ethics Classes  
Mental Health and Aging Class  
Planning Your Own Funeral  
Retirement Planning Seminar  
Seminar on Aging

**Marriage/Relationship Education**

Conflict Management Class  
Marriage Enrichment Workshop  
Mediation Training  
Premarital Classes  
Violence in the Home Class

**Nutrition Education**

Cutting Back on Sugar Class  
Low-fat Cooking Class  
Low-salt Cooking Class  
Nutrition Needs of Children/Athletes Class  
Preparing Nutritious Snacks Class

**Parent-Child Education**

Babysitting Clinic  
Child and Divorce Class for Parents  
Child Sexual Abuse Seminar  
Drug Awareness Class  
Family Fair  
Good Touch/Bad Touch Class  
Human Sexuality Class for Youth/Parents  
Nursery Attendant Training  
Parenting Class  
Turn Off the TV/Learn to Discern Class  
Youth Wellness/Stress Management Class

**Personal Health Goals Support**

Aerobics Class  
Church Gymnasium Available  
Church Sports/Ball Teams

Exercise Buddies  
Exercise Programs  
Faithfully Fit Forever  
Square Dancing/Folk Dancing Class  
Stop Smoking Clinic  
Walking in the Way  
Weight Loss Class/Support Group  
Yoga Class

**Spiritual Care**

Prayer Bulletin Board/Hospital Board  
Prayer Group  
Prayer Walking  
Services of Prayer and Healing

**Stress Management**

Holiday Stress Management Seminar  
Job Stress Seminar  
Meditation and Relaxation Class  
Stress Management Workshop  
Time Management Class

**Theological Foundations of Wellness**

Gifts of the Spirit Workshop  
Prayer, Stress, and Healing Class  
Prayer/Meditation Classes  
Sabbath-Keeping Seminar  
The Bible and Health Class  
Wesley's Teachings on Health Class