

Introducing a comprehensive training event that gives you the powerful resources you need to manage a successful health outreach program in your local community!

Just
\$89
Early-bird Registration

How to Run an *Effective* Health Ministry *at Your Church*

Using
Eight Weeks to Wellness™
Fitness for Life

Ocho Semanas hacia la Salud Integral

A Weekend or Sunday-Tuesday, 2003
College, Conference Camp, or Hospital

Reach out to your community...

- ◆ Attract interest in your church through one of the most popular topics in America today—personal wellness
- ◆ Share the vital facts necessary for a truly abundant life
- ◆ Teach people how to take responsibility for their personal health
- ◆ Follow up your programs with relationship-building activities

Plus, build your skills in these areas:

- ◆ Build a solid, comprehensive ministry
- ◆ Use the latest computerized assessment resources
- ◆ Measure health outcomes
- ◆ Creatively promote your programs

See inside for a complete course outline!

Sponsored by

LifeLong Health

and

**North American Division
Health Ministries Department**

Co-sponsored by

Sometimes a Hospital

Sometimes an Adventist College

Always a Local Union Conference

Sometimes a Nearby Union Conference

The Participating Conferences within the Union

**Earn NAD Health Ministries
Level 2 Certification!**

We live in an age of unparalleled interest in personal wellness. You'll learn how to use one of these popular topics to build relationships in your community that can change the lives of people physically *and* spiritually.

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Call 1.800.732.7587 to enroll today.

Who should attend?

Health Ministries Directors

...whether you were recently elected or have held this position for years, you'll like our secrets for running a successful health outreach program.

Pastors

...whether or not you've ever done health evangelism before, you'll find tools for reaching members of the community who would otherwise never set foot inside your church.

Health Care Professionals

...even if you've done health education before, you'll discover how working with your local church can maximize your efficacy in improving the health of the local community.

Personal Evangelism Leaders

...you'll learn the secrets to building personal relationships in your town, leading to increased interest and attendance in your other outreach programs.

Wouldn't you like to lead others to live healthier lives?

Personal health is one of the most popular topics in America today. Across the continent, people want to make lifestyle changes to improve their personal health and fitness. There's a desire to prevent disease before it starts. Yet the health information out there today can be confusing, even to health enthusiasts. One study says this, another says the opposite. People are looking for someone to take the lead, someone to get to the point.

That leader could be...you.

Your church can be the leader

Just think what a difference your church could make in your community, sharing the simple, time-tested principles of healthy living. Hundreds of your neighbors coming to your church every week for 8 weeks to learn about personal wellness. Friends exercising together, holding each other accountable to their personal health goals. Junk-food sales dropping at the local mini-mart, since more of your neighbors are eating healthy meals. Clear eyes and open minds receptive to spiritual truths because of the relationships you've built.

Imagine it clearly, because that's exactly what can happen after you attend this information-packed weekend of essential skills training!

Here's just a sample of what you'll learn...

- ◆ The 4 areas of health—and which ones people really care about
- ◆ The 7 steps in behavioral change—and which step everyone should avoid
- ◆ The 5 stages in the health ministry cycle—and which health outreach resources are appropriate for each stage
- ◆ How to build interest in your health ministry—inside and outside your local church
- ◆ Which resources you need for success—and where to get them

And that's just for starters!

*Learn how to impact your community
with the message of Abundant Life!*

Build an effective, successful ministry

Make no mistake: this workshop isn't about theory. It's about the hard skills that are essential to helping you build a more effective health ministry.

We'll cover it all—promotion, health assessment, motivational tools and follow-through ideas. Plus, we'll get you up to date on the latest, emerging research from the Adventist Lifestyle Study.

Train the whole team

How to Run an Effective Health Ministry is the fastest, easiest way to get the essential training you and your team need to get your ministry off the ground and/or to improve your existing outreach. You'll be amazed at the immediate and substantial improvement you'll see in your church by implementing even a small part of the seminar teachings. And you'll find it's a great team-building experience for your entire health ministries staff. (There's even a special group rate!)

So don't delay. Call right now to enroll.

Community Services Directors

...you'll see how a health outreach program is a natural extension of your other community service activities, and you'll gain insights into how this popular topic concerns your local area.

Youth Leaders

...if you're looking for ways to get your kids involved in community outreach, you'll get some great ideas here. Help them build their faith while making a difference in the neighborhood.

To enroll, call 1.800.732.7587.

Workshop Agenda

Day 1 Introduction to Health Ministry

A Biblical Basis for Health Ministry
The Health Ministry Cycle
Raising Health Awareness
Teaching Health Principles

Computer Health Assessment Tools

Your Health Age
Your Stress Profile
Your Coronary Risk
Your Fitness Score

Day 2 Planning Your Health Ministry

A Holistic View of Health
The Health Pyramid
Achieving the Abundant Life
Spirituality & Health
Getting Buy-in from Your Church
Follow-up Strategies for lifelong health
Eight Weeks to Wellness™:
Developing a Healthy Lifestyle
Becoming More Physically Active

Day 3 *Eight Weeks to Wellness™*

Low Saturated Fat & Cholesterol Eating
High Fiber Meals
A Healthy Weight
Preventing Dependencies
Coping with Stress
Preventive Exams and Safety
Staying Current with Health Trends
Evaluating Reliable Sources of Information
Promoting Your Program

About the Presenters

Donald R. Hall, DrPH, CHES, is president of LifeLong Health, a not-for-profit organization providing health ministry tools to local churches.

In the days before IBM even made a PC, Dr. Hall developed the first health assessment software for personal computers. He is also recognized as a pioneer in the field for developing the wellness assessment concept, which uses optimal health as the benchmark for guidelines and recommendations.

Dr. Hall has shared his vision and experience with thousands as a regular presenter at leading conferences in the field of health promotion. He has also helped to expand the field as an instructor, teaching courses at Portland State University in health promotion and coordinating the American College of Sports Medicine Health Fitness Certification course.

David H. White, DMin, is a consultant to the North American Division, coordinating the Lifestyle Certification Program. After 19 years of pastoral experience, Dr. White was Director of Family Life at the Texico Conference and later worked as Vice President for Community Health at Memorial Hospital in Manchester, Kentucky. While there he built a health ministry and social outreach program with a coalition of local churches. This led to project development with ADRA.

Dr. White currently coordinates the Health Ministries Certification Program, Levels 1-3, and the Health Network for the North American Division.

Dr. White has presented at more than 85 workshops and seminars related to social and emotional health.

Other Presenters according to the Seminar and the location.

A Special Message to the Senior Pastor

You're probably already convinced that a strong health ministry can be central to an evangelistic effort.

Here's an opportunity for your leaders to receive cutting edge training in health ministry. This intensive weekend course does more than teach about healthy living. Your people will learn to use the latest, proven tools that can make a big impact on your community, and your church. They'll discover the foundational principles for a great program. They'll hear inspiring success stories. And they just might come away with the leadership skills you know they need to succeed.

Health is a hot topic today. Working to improve the personal health of others is not just a great way to build relationships—it's God's chosen method for revealing His character to the World. After all, Christ spent more time healing and teaching than preaching.

7 Big Reasons to Attend This Workshop

1. You'll learn how to put the "health message" into practical, relevant terms that your church and community understand.
2. You'll have opportunity to use state-of-the-art computerized health assessment software.
3. You'll network with other church leaders who are also passionate about health ministry and outreach.
4. You'll discover the secrets to succeeding with the newest health education programs, including *Eight Weeks to Wellness™*, *Fitness for Life*, and *Ocho Semanas de la Salud*.
5. You'll improve your own health awareness.
6. You'll have a chance to give your input into the direction of future health outreach products.
7. You'll come away spiritually energized.

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HOW TO REGISTER

Register by a date two-weeks to ten days before the Seminar (as stated in a specific Brochure) to receive the early-bird discount. ♦ This form may be duplicated. ♦ Please type or print with black ink. ♦ Use only one method of registration to avoid duplicate charges:

Fax: 1.805.495.2644

Mail: Adventist PlusLine, P.O. Box 5005, Westlake Village, CA 91359

Phone: 1.800.732.7587

If you register by phone and pay with a credit card, it's not necessary to return this form.

1. ATTENDEE INFORMATION

Mr. _____ Full Workshop
Ms. _____ Spouse
Name _____ Title _____

Mr. _____ Full Workshop
Ms. _____ Spouse
Name _____ Title _____

Does either attendee have a disability which may require special services? YES NO

2. MAILING INFORMATION

Mailing Address _____

City, State, Zip _____

Telephone _____

Email _____

Name of Church _____

Name of Conference _____

3. REGISTRATION & FEES

Full Workshop includes all training sessions and participant materials. **Spouse** must be accompanied by a full workshop registration and includes Certificate but not Training Manual.

Early-bird Registration ends 10 days to two weeks before the Seminar begins (depending on which Seminar). **Registration after** the early-bird date includes on-site registration.

Registration Options	Early-bird	After ...	Quantity	Amount
Full Workshop (includes Training Manual)	\$ 89.00	\$109.00	X _____	=\$ _____
Spouse (does not include Training Manual)	\$ 45.00	\$ 55.00	X _____	=\$ _____
Add'l Training Manual (included with full workshop registration)	\$ 29.00		X _____	=\$ _____
8 Weeks Program Manual & CD (to run your program) ..	\$250.00	\$275.00	X _____	=\$ _____
TOTAL ENCLOSED				\$ _____

4. PAYMENT INFORMATION

Your registration can't be processed without full payment. These forms of payment are accepted in U.S. currency:

Check (to Adventist PlusLine) MasterCard Visa Discover Diner's Club American Express

Card No. _____ Exp. Date _____

Card Holder Name _____

Signature (req'd) _____

Registration Information

Location. The workshop will usually be held at an Adventist Hospital, Conference Camp, or a Seventh-day Adventist College.

Schedule. Check-in for the workshop begins at 6 p.m. on the designated Friday. The first training session will begin at 7 p.m. The workshop ends at 9:30 p.m. on Friday and Saturday nights, and 5 p.m. on Sunday. The first event on Sabbath and Sunday mornings begins at 8:30 a.m.

Cancellation. If you cannot attend a workshop for which you are registered, you may send a substitute or receive a credit memo toward the purchase of any LifeLong Health product.

Meals. Meals are on your own. If eating establishments offering vegetarian fare are not available, then usually arrangements have been made with a college or hospital cafeteria or Conference camp to provide an excellent vegetarian menu. Usually you may pre-pay Sabbath lunch and supper or pay cash on site for any meal including Sabbath meals.

Lodging. If the Seminar is not held at a Conference camp, usually room rates have been arranged with several motels in the area.

Certification. Completion of this workshop qualifies you for Level 2 certification as an instructor in the North American Division Health Ministries Lifestyle Certification Program. The training manual is separate from the CD, Speaker Notes, and other materials for Eight Weeks to Wellness™.

LifeLong Health is a non-profit organization promoting healthy lifestyles. Our leadership training and easy-to-use self-scoring and computer scored software programs and presentations and attractive print materials help make an effective health ministry.

Our goal is to prepare volunteer health leaders to be effective lifestyle improvement facilitators.

Our easy-to-use health promotion programs are based on population research and offer common sense, applicable recommendations.

For more information about LifeLong Health, please call 1.800.862.4395 or email info@lifelonghealth.us or check our web site www.LifeLongHealth.us