



## Wellness Wednesday & Faith Communities

- Suggest and provide healthy food/beverage options when serving food.
- Start a walking club with faith community members: reach out to others!
- Visit home-bound members or those in nursing homes.
- Spend time in prayer: meditate on your blessings.
- Consider practical ways you might share your blessings with others in need.
- Promote donating healthy food options when sponsoring a food drive.
- Create events that promote physical health and spiritual health.
- Use **TAKE 5 @ Your Faith Community** ideas found on [www.MowerRefreshed.org](http://www.MowerRefreshed.org)
- Exchange high sugared beverages for clear, cold ice water.
- Involve the youth in changing the food culture at church: they have energy!
- Start a garden club on your church property. Donate produce to food shelves.
- Share your home garden bounty with those in need at your church and beyond.
- Consider ways to teach the scriptural concept of a person's body as a temple and practical ways that can impact how we care for ourselves and others.
- Promote healthy living at Wednesday evening programming: be creative!

**Share how your faith community is making healthy options easier...  
it's inspirational!**

