



Wespath

BENEFITS | INVESTMENTS

Center for Health



FOR THE UMC

Well-Being Resources

The Center for Health well-being team pictured left to right: Todd Creviston, MS, Ed—Health Promotion Manager, Leah Holzwarth MS.—Manager, Health and Well-Being and Shelly Brooks-Sanford, DO, MDIV, MPH—Population Health Manager

From us to the Connection— For You to View, Print and Share!



Five Dimensions of Well-Being

The Center for Health well-being team helps you do a little **better every day**, with resources that support each of the five dimensions of well-being.

Each conference has different needs, like each person has different challenges. Our goal is to provide tools that support well-being in all dimensions.

We offer a multitude of resources ready to view, send digitally, or print and share; all available on the Center for Health website at wespath.org/cfh.



Resources for each of the *Five Dimensions of Well-Being*

Church Bulletins

Church bulletins—easy to understand information to improve the well-being of your congregation.



Physical Well-Being:
Women's Heart Health



Spiritual Well-Being: *Gardening*



Social Well-Being:
Healthy Happy Families

More Bulletins:

- *Prediabetes*
- *Your Health: Money Saving Tips*
- *Health: Picnic Food Safety*
- *The Eyes Have It!*
- *Pets for Health*

Videos

Interactive videos to inform and inspire activity.



Video Series: Wellness in Action

- *Annual Conferences Focus on Emotional Health*
- *Texas Annual Conference Wellness Program*
- *Pastor Couple Chooses Walking*
- *The Truth About Coaching*



Video Series: Deskercise

- *Be Humble*
- *Ear to Earth*
- *Extended Prayer*
- *Greet Your Neighbors*
- *Open Your Heart*
- *Reach for the Heavens*



Video Series: Stretch Breaks

- *Stretch Break 1*
- *Stretch Break 2*

Webinars

Webinars to improve the well-being of your family, congregation and self.



Webinar Series: Healthy Families

- *What Does It Mean to Be a Family?*
- *Five Dimensions of Health*
- *Nurturing Active Families*
- *Strengthening Families*
- *Experiencing God Together*
- *Tackling Challenges of Clergy Families*
- *Finances: Setting Healthy Goals*



Webinar Series: Well-Being Tools

- *What Do You Need to Know about Prediabetes?*
- *Manage Your Screen Time, Manage Your Life!*
- *Pastoral Visits: Carrying More than Comfort?*
- *Understanding Anxiety and Depression*



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Additional Resources—
Center for Health Website

Well-Being Resources/Checklist

Physical

Newsletter: April 2017 _____

Bulletins:

- Walk Your Way to Better Health _____
- Healthy Happy Families _____

Toolkits:

- Prediabetes _____
- WeightWatchers _____
- Physical Activity _____
- Men's Health Maintenance _____

Videos:

- Deskercise _____
- Stretch Breaks _____

Emotional

Newsletter: January 2018 _____

Handout: Coping with Stress _____

Presentation: Happy, Healthy, Retired _____

Video: Wellness in Action _____

Webinars:

- Understanding Anxiety and Depression _____
- Tackling Challenges of Clergy Families _____

Spiritual

Newsletter: July 2017 _____

Bulletin: Gardening—It's Good for You _____

Webinars:

- What Does It Mean to Be a Family? _____
- Experiencing God Together _____

Social

Newsletter: July 2016 _____

Reduced Screen Time Resource _____

Webinars:

- Manage Your Screen Time, Manage Your Life! _____
- Healthy Happy Families _____

Financial

Newsletter: October 2016 _____

Bulletin: Your Health—Money Saving Tips _____

Brochures:

- Financial Planning Resources _____
- LifeStage Solution Suite _____

Newsletter: *Hark!* _____

Webinar: Finances—Setting Healthy Goals _____

More Resources

Handout: A Healthy Plate _____

Bulletins:

- Picnic Food Safety _____
- Gardening—It's Good for You _____
- Do You Have Prediabetes? _____

Brochure: 50 Ways to Support Your Pastor's Well-Being _____

Programs

Virgin Pulse* Activity Program _____

Blueprint for Wellness* Biometric Screen _____

EAP/Live and Work Well Assistance Programs _____

HealthFlex/WebMD Web Portal _____

HealthQuotient Health Risk Assessment _____

WeightWatchers _____

Health Coaching _____

FAQs _____

Well-Being Consultations for Conferences _____

Download online and find additional resources to view, print and share at: wespath.org/cfh

To order copies or to request more information e-mail us at: wellnessteam@wespath.org



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Caring For Those Who Serve

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**Available to all conferences, even if not in HealthFlex—contact us.*