

The Health and Wellness Ministry promotes integrative wholeperson health and wellness – mind, body, spirit and environment – within the Clifton Park Baptist Church and in the surrounding community.

The ministry does not provide any level of direct medical care. Rather, it provides basic information, promotes health and wellness education and training, and makes referrals to health and wellness professionals or other services as appropriate.

The Health and Wellness Ministry leverages internal and external relationships to design, promote and present information, education and training on health and wellness principles to empower individuals, families and the community at large to experience optimal health and wellness and live transformed lives. The Health and Wellness Ministry collaborates with other Clifton Park ministries to demonstrate care and support in the areas of spiritual, physical, nutritional, mental/emotional, ministry/vocational, financial and environmental health and wellness.



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HEALTH and *Wellness* Ministry **AMBASSADORS**

Cheryl Callahan
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Dorothy Hix
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"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly (John 10:10 NKJV).

The ministry foundation for the Health and Wellness Ministry is based on whole-person wellness. Central to this perspective is the theological principle that each person is created in the image of God and that we are designed for community with God and each other. In order to provide support and education to help people experience optimal wellness, balance and fulfillment, the ministry integrates principles of evangelism, missions, discipleship, outreach/inreach into its core values.

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers (III John 2 NKJV).

DISCLAIMER: The Health and Wellness Ministry does not provide medical advice, care or treatment. The scope of our ministry is limited to health and wellness education and promotion. Any medical advice, care and/or treatment offered by members of the ministry is offered pursuant to that person's professional license, as applicable, and not the Clifton Park Health and Wellness Ministry.



If you'd like to meet with a Health and Wellness Ambassador, or would like additional information contact us at health.cpbc@gmail.com

Our Mission

The Health and Wellness Ministry exists to support and empower individuals, families and communities to live balanced and fulfilled lives in mind, body spirit and environment, reflecting the love of Jesus Christ for humanity.

Core Values

Health and Wellness Ministry core values are:

- Shares an authentic love of God and God's heart for people (Matt 22:37 – 40).
- Recognizes the intrinsic worth/value of each individual – not someone to be "fixed" but transformed (Gen. 1:27; II Cor 3:18).
- Believes each person is uniquely created by God with gifts, abilities talents and passions that enables them to live intentionally and purposefully (Ps 139:12 – 14).
- Practices and lives out principles of health and wellness (I Cor 6:19 – 20).
- Provides supportive integrative whole person wellness education – mind, body spirit and environment (Matt. 25:37 – 40).
- Believes in the power of supportive community (Acts 2:44).
- Provides individuals, families and community support and encouragement to experience optimal wellness, balance and fulfillment (John 10:10; I Cor 1:4).



Goals & Objectives

The Health and Wellness Ministry will:

- Design a comprehensive health and wellness education plan designed to promote integrative whole-person wellness
- Offer supportive "soul-care" strategies that integrate holistic mind, body and spirit health and wellness
- Develop health and wellness promotion strategies to enable members of the Clifton Park Baptist Church and/or the community to make choices that support their health and wellness goals
- Build and maintain health and wellness community resources and partnerships
- Pray fervently for the optimal health and wellness of the members of the Clifton Park Baptist Church and the larger community, including the places where we live, learn, work, worship and play.