

## **RAISING UP HEALTHY WOMEN AND GIRLS**

This is a health initiative created by our church-wide organization that we in Pacifica support. "When we commit to caring for ourselves, we can then fully commit to our purpose and mission. We can commit to God's command to make disciples in the world and stand ready to serve others."

What does this all mean? In our purpose statement we are committed to promoting healing and wholeness in our church, society, and the world. To be able to do this we must try to be physically, emotionally, mentally, and spiritually healthy.

The American Heart Association tells us that heart disease, high blood pressure, diabetes, and weighing too much restricts our quality of life. There can be barriers to being in control of our health care. So it is our plan to:

- Educate women to care for themselves physically, spiritually, and emotionally.
- Sharing knowledge and experience to educate women and girls to health risks.
- Support one another as a community of women created in the image of God, putting our energy into reducing or eradicating heart disease and stroke as the number one and three killers of women in America, and to make a difference in the lives of women and girls.

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