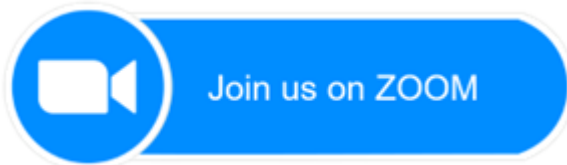


## ONLINE SEMINAR



Since its inception in January 2010, the Faith & Wellness Ministry of the Church of the Evangel, has been promoting a unique approach to health. Its faith-based health and wellness program has helped us take the necessary steps toward total wellness by integrating physical, mental-emotional, and spiritual health.

The program focuses on Health, Exercise, Nutrition, and Stress Management education and how they all relate to our faith.

There is a direct relationship between spirituality or faith and health. God made us with a spirit, soul, and body; they work together uniquely. Our program is designed to teach individuals about an integrated approach to health: living a healthy life based on Christian principles and integrating mind, body, and spirit to achieve total wellness.

### **Our Beliefs and the Basis for This Ministry**

We believe that we enjoy abundant living when we are in a meaningful relationship with God through his son, Jesus Christ, and empowered by the power of the Holy Spirit.

God created us as masterpieces in his image so that we can do and achieve the wonderful things He planned for us long ago and bring him glory.



The Church of the Evangel, UCC  
1950 Bedford Avenue  
Brooklyn, NY 11225  
Phone (718) 287-1189

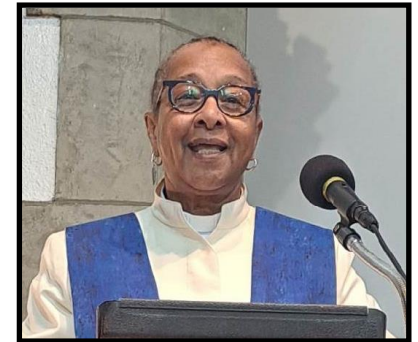
Website:  
[churchoftheevangelucc.godaddysites.com](http://churchoftheevangelucc.godaddysites.com)  
Email: [churchofevangel@optonline.net](mailto:churchofevangel@optonline.net)

## **THE CHURCH OF THE EVANGEL, UCC**



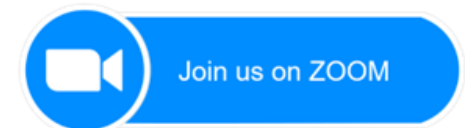
### *Seminar*

### **EMBRACING WHOLENESS: CONNECTING FOUR ELEMENTS OF WELLNESS**



**Rev. Dr. Annie Suggs**

**SATURDAY, NOVEMBER 16, 2024  
4:30 PM**



**MEETING ID: 856 9129 9442**

**PASSCODE: 505579**

## REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AFFILIATION \_\_\_\_\_

\_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

### Registration: \$20.00

Please make checks payable to:

The Church of the Evangel

Mail your check and registration form to:

Attention: Sheryl Phillips

The Church of the Evangel

1950 Bedford Avenue, Brooklyn, NY 11225

### Contact Information:

Church Phone: 718-287-1189

Sheryl - Cell: 347-668-6332

Email:

[Sheryl.weightlossolutions@gmail.com](mailto:Sheryl.weightlossolutions@gmail.com)

## Program

Welcome/Opening Remarks: Sheryl  
Phillips

Opening Prayer: Judith Jones

Introduction of speaker Brian Ward

### Topic

## Embracing Wholeness: Connecting Four Elements of Wellness

There are eight dimensions of wellness (Physical, Emotional, Social, Occupational, Environmental, Intellectual, Financial, and Spiritual), and they all interconnect to promote overall health and a balanced life.

This evening, we will discuss four dimensions, but you will also realize that the connections with the others will not be difficult to miss. We will focus on the physical, emotional, financial, and spiritual dimensions of wellness and try to identify the common thread that binds these elements together. In our discussion, you will realize that community is a thread connecting these elements of wellness.

We are social beings who need each other to survive, develop, and grow.

We are excited to share this information with you, and we need your feedback, so feel free to participate in the conversation.

Participants will be able to:

- ❖ Understand the connection between Faith and Wellness.
- ❖ Understand the connection between physical, emotional, financial, and spiritual health.
- ❖ Identify the common thread that connects the elements of wellness.
- ❖ Understand the constructive interaction of body, mind, and spirit.
- ❖ Understand the multi-dimensional approach to stress management.
- ❖ Understand the role of financial wellness in mental and physical health.
- ❖ Develop a healthy work-life balance.
- ❖ Develop a better understanding of steps to take to achieve total wellness.
- ❖ Understand how social connections and community support can enhance overall health.
- ❖ Understand the complex and interconnected nature of wellness.
- ❖ Understand how improving one area of wellness can positively impact other areas of our lives.
- ❖ Understand the benefits of physical activity and its role in overall wellness.