



DOC PRATT MINISTRIES

FAITH-BASED, EDUCATIONAL 501C3 NONPROFIT

"BUILDING COMMUNITY AND PURSUING EXCELLENCE THROUGH CONTINUAL, INCREMENTAL, INTENTIONAL IMPROVEMENT IN ALL OF THE SIX DIMENSIONS OF HEALTH & WELLNESS"

July 2025

Building Community, Pursuing Excellence

Doc Pratt Ministries is launching with a mission rooted in cutting-edge neuroscience and time-tested wisdom: real change happens through genuine relationships and comprehensive wellness support.

Who We Are

I'm Amy Pratt, Executive Director of Doc Pratt Ministries and daughter of the beloved "Doc" Pratt who served our community for over six decades as a physician, exemplary leader, mentor, and friend to many. After completing my Master's degree, I am working toward my PhD in social psychology and have dedicated my life to continuing his legacy of holistic care through our innovative Six Dimensions of Health & Wellness structure.

Our ministry combines the wisdom of authentically relationship-based community with evidence-based practices in emotional, mental, physical, vocational, social, and financial wellness. **Through our four divisions**—Coach Amy's individual coaching, Doc's Place community gatherings, Berean Scholars educational programs, and our inspirational media—we're building the "full-brained" community pursuing excellence that research proves creates sustainable personal growth.

Our Proven Model

We're not starting from scratch. Our **Chosen Blanket Fort** group has been meeting since early 2024, perfectly embodying our relational discipleship community model. Members support each other through life's challenges while studying together, creating the "full-brained" approach that neuroscience proves necessary for authentic transformation. Our **Coach Amy** services have already helped dozens of clients achieve their goals, and our **Six Dimensions of Health & Wellness** curriculum provides practical tools for sustainable life improvement. Our **Berean Scholars** groups are starting their third book club!



Hebrews 12:11-13



330-962-2564



DocPrattMinistries.org

Why Right Now Matters

Doc Pratt Ministries has already exceeded expectations in just six months of informal operation. Our newsletter shows amazing community response, our book clubs are thriving, and people are asking when we can expand. But without proper funding, we risk losing momentum and missing this crucial window of opportunity.

We need \$7,500 immediately to secure our foundation and launch properly:

- **\$2,500 – Secure our community center through mortgage assistance**
- **\$1,000 – Operational utilities and essential services**
- **\$1,000 – Marketing materials to spread our message effectively and reach future participants**
- **\$1,250 – Updated technology to manage programs efficiently and to design and develop research-based curricula**
- **\$1,000 – Curriculum and other resources for participants**
- **\$1,000 – Community launch event to establish our presence, honor Doc Pratt’s legacy, and initiate collaborative relationships with local nonprofits**

The Ripple Effect of Your Generosity

You're not just funding a nonprofit—you're investing in a proven model that transforms individuals, families, and entire communities through the same principles of excellence, service, and genuine care that Doc Pratt embodied. **Your donation doesn't just help one organization – it plants seeds for community-wide renewal.**

With your immediate help, Doc Pratt Ministries can fully launch and fulfill its mission of “Building Community and Pursuing Excellence through continual, incremental, intentional improvement in all of The Six Dimensions of Health & Wellness within ourselves first to strengthen, empower, and inspire others.”



Join us in building the kind of community where everyone can thrive. Together, we're not just honoring Doc Pratt's memory – we're establishing a shift in individuals' lives that will impact generations to come.

Thank you for considering a donation!
*Please share our story with those who might be
interested in joining us or supporting us in our mission.*

To sign up for our newsletter or find our brochure and other organizational documents that explain Doc Pratt Ministries in even more detail, **visit DocPrattMinistries.org**.

Many thanks and best wishes,



Amy C. Pratt, M.A.
Executive Director
Doc Pratt Ministries

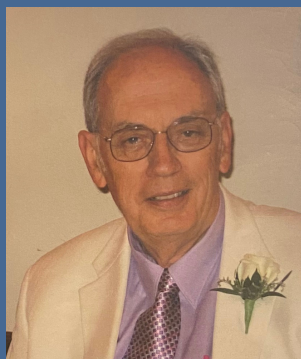
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docprattministries@gmail.com



GoFundMe fundraiser link



Join us!



Medical Prescription Form

Patient Information

Patient name

Patient address

Directions:

*"Keep your
chin up
and your
knees bent"*

The O.G. Doc Pratt

Signature

Date

DocPrattMinistries.org

Doc Pratt Ministries

faith-based educational 501c3 nonprofit

*"Building Community
Pursuing Excellence"*

Doc Pratt Ministries Divisions

COACH AMY PRATT

Individual, Professional,
Corporate Coaching

Empowering clients in Pursuing Excellence by defining where they are, where they want to go, set steps to get there, and take those steps together.

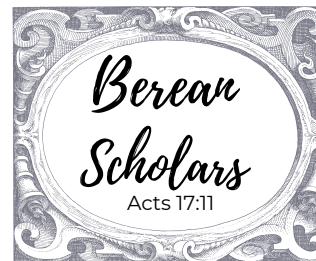
The Six Dimensions of Health & Wellness



Doc Pratt Ministries' original curriculum presented through classes, individual sessions, and printed materials. (See the separate page for more info.)



Weekly livestream podcast, Daily Brew inspiration shorts, and blogs to reach and encourage a broad audience with resources for confidence and success in life and money.



Pursuing Excellence through book clubs, discipleship classes, and access to leading educational content and current social psychology research.



In-person events designed to generate joy, a sense of belonging, cultivate relationships, opportunities for service, and to celebrate holidays together.

For more information
or to support
Doc Pratt Ministries:



Doc Pratt Ministries & the Neurobiology of Transformation

Neurobiology reveals our brain's right hemisphere, which governs relationships and emotional processing, is actually the driver of lasting character change and personal growth, not the left hemisphere's rational knowledge and willpower.

A "full-brained" approach that integrates both relational and rational approaches is necessary for authentic and lasting transformation.

The right hemisphere literally shapes who we become through attachment relationships. In other words, the community of who we identify as "our people" shapes who we become.

For "our people" to have a positive impact on who we become, four ingredients must be present in that relationship-based community: **emotional connection, belonging, shared purpose, and supportive accountability.**

When communities lack these "relational nutrients," they create what researchers call "depleted soil" where narcissism flourishes and personal growth stagnates. However, **when the four essential ingredients are present in that community, positive transformation naturally occurs.**

Doc Pratt Ministries addresses this neurobiological reality with our comprehensive social psychology approach by providing a culture in which people experience genuine belonging and develop secure attachments, creating the relational foundation that makes holistic, lasting transformation neurobiologically possible.

Right-Hemisphere Relational Community.

Emotional Connection: Through our Doc's Place gatherings, we create face-to-face interactions that generate the joy our brains need to fuel transformation.

Belonging: DPM cultivates a community based on a sense of belonging, with a "we/us" mentality rather than the more common practice of "you/them."

Positive Shared Purpose: DPM's mission is "Pursuing Excellence through continual, incremental, intentional improvement in all of The Six Dimensions of Health & Wellness within ourselves first to strengthen and inspire others through service and servant leadership."

Supportive Accountability: DPM's community of belonging reminds its members regularly of our positive shared purpose and reinforces connection which organically transform each member into a healthier individual, with a strong sense of identity and purpose.

Left-Hemisphere Cognitive Learning.

Focusing on developing a Relational Community first, DPM then applies structured learning by using our original curriculum, **The Six Dimensions of Health & Wellness**, through our **Berean Scholars** book clubs and **Coach Amy's** individualized guidance. This creates the "full-brained" approach that neuroscience proves is necessary for lasting change and in turn, thriving human communities.

THE SIX DIMENSIONS OF HEALTH & WELLNESS

Doc Pratt Ministries' original curriculum, *The Six Dimensions of Health & Wellness*, leverages the neurobiology of transformation through community-based engagement. This comprehensive framework guides participants to discover their unique identity and calling while evaluating each dimension for healing, repair, or growth. By integrating emotional, mental, physical, vocational, social, and financial wellness through DPM's relational community—**Coach Amy's** sessions, **Inspirational Influencers** content, **Berean Scholars** book clubs, and **Doc's Place** gatherings—participants align their passions, gifts, and values with their ultimate life goals. This neurobiologically-informed, “full-brained” approach fosters confidence, balance, and deep purpose, creating sustainable pathways toward clearly defined goals.

Life is always changing. Staying engaged with the DPM community and T6DH&W helps you stay on track, adapt, and keep thriving no matter what comes your way.



Stages of Health & Wellness

- 1- Desert: Extremely lacking, requiring immediate attention and effort
- 2- Overgrown/Malnourished/Neglected: Some pruning needed, some intentional care needed
- 3- Surviving: Doing well enough but could do better
- 4- Thriving: No room for improvement here and is using a reliable plan for maintenance.

1

Emotional Wellness

- A. Identity
- B. Emotion recognition & definition
- C. Spiritual Wellness

2

Mental Health & Habits

- A. Choosing a Life of Inspirational Influence
- B. Atomic Habits (Clear, 2018)
- C. Cognitive Health

3

Physical Health

- A. Nutrition
- B. Exercise
- C. Medical

4

Vocational Wellness

- A. Calling
- B. Career
- C. Seasons

5

Social Wellness

- A. Three intimacy levels
- B. Communication skills
- C. Seasons

6

Financial Wellness

- A. Money plan
- B. Visualizing your horizon
- C. Planning for Retirement in ALL the ways



DOC PRATT MINISTRIES

BUILDING COMMUNITY - PURSUING EXCELLENCE

Doc Pratt's Legacy

If you had the privilege of knowing my dad, Doc Pratt, his memory will bring a smile to your face. He was as hard- working as he was tall (6'6"!) and as loving and kind as much as he was an Ohio State fan (Go Bucks!). He pitched for Falls First Assembly's church softball team well into his 70s - perhaps you were one of the teammates who went 4 for 4 in a game and Doc gave you \$4 for a Jim Dandy to celebrate. His Sunday School class, which he named The Bereans, benefited from his teaching for decades and had a blast celebrating his birthday every year by attending his Progressive Dinners* (explained at the bottom). Doc dearly loved his wife "Betsy" and doted on her for the 65 years they were married. He was beloved by his many thousands of patients and very well respected for his integrity and wisdom throughout the community. The hearts and lives of his children, grandchildren, and great-grandchildren are forever impacted by his undeniable impression, and I am indeed greatly blessed to have been his daughter. It's hard to believe that he's been gone for four years last month.

His legacy is nearly impossible to replicate. No one will ever fill his shoes. But, in an attempt to bring his legacy and ministry forward, Doc Pratt Ministries has been created.

**Doc Pratt Ministries, an educational 501(c)(3) nonprofit
Building Community - Pursuing Excellence
through continual, incremental, intentional improvement in all of
The Six Dimensions of Health & Wellness
within ourselves first to strengthen and inspire others
through service and Servant Leadership. Just like Doc Pratt.**

Doc Pratt Ministries uses Coach Amy's original curriculum, The Six Dimensions of Health & Wellness (T6DH&W), as a guide for all our events and coaching philosophy. T6DH&W starts with Emotional Wellness, and works its way through Mental Health & Habits, Physical Health, Vocational Wellness, Social Wellness, and finally culminates in Financial Wellness.

T6DH&W curriculum is written for any and every personal growth minded person as a way to maintain health and wellness across all areas of life, much the same way that Doc Pratt as an Internal Medicine physician attended to every aspect of his patients' care.

Many of you know me as Coach Amy or perhaps have seen my red Caravan with its "Coach Amy" decals drive by over the last few years. As Coach Amy, I have had the privilege of helping dozens of clients in setting their desired goals and working



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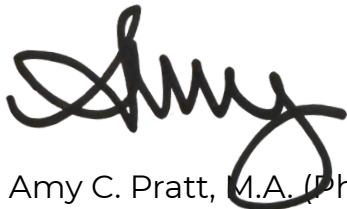
together to accomplish them. Those same coaching services are still available and are a part of Doc Pratt Ministries now.

Are you Pursuing Excellence? Care to join us?

Doc Pratt Ministries and The Six Dimensions of Health & Wellness do indeed benefit any individual who is Pursuing Excellence. We would love for you to be an engaged part of our community! Perhaps you would rather join us in honoring the legacy of "O.G." Doc Pratt and help carry this vital ministry forward. Your tax-deductible gift will directly fund the development and distribution of these life-changing materials for individual coaching or group study within the Doc Pratt Ministries community and more.

If you have been so kind as to read this far, THANK YOU SO VERY MUCH! We appreciate you more than you know and hope to see you at one of our events or in one of our book clubs. :)

Looking forward to hearing from you soon!



Amy C. Pratt, M.A. (PhD coming December 2026! 🧐)
Executive Director, Doc Pratt Ministries



GoFundMe Fundraiser

P. S. - In case you're wondering, Doc's Progressive Dinners* entailed drinks at the first house, appetizers at the second, dinner at the third, and dessert and games at the fourth - all in the same evening!



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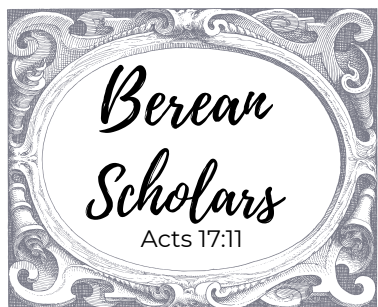
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Doc Pratt Ministries' Newsletter

May/Jun
2025

What an incredible first six months we have had! Thank you to everyone who has joined and supported Doc Pratt Ministries! You are the reason we are successful!



Atomic Habits made a great book club! We learned how small, consistent changes in behavior can lead to remarkable transformations over time through the power of compound growth. James Clear's Four Laws explain how to make habits obvious, attractive, easy, and satisfying and how to break bad habits by making them hidden, unattractive, hard, and unsatisfying.

On June 17th, we started our new book, **The Other Half of Church**, which addresses the neurobiological research by Dr. Allan Schore which builds on Bowlby's Attachment Theory. Written by a "neurotheologian" and a

pastor, the book explains the need for both the right-hemisphere's relational community and the rational left-hemisphere's intentional learning for genuine and lasting character transformation. Our western culture has taught us that all we need is the head knowledge that comes from books and didactic study, but neurobiology has shown the need for a "full-brained approach" for growth to last. What a great book!

Another book club will start soon, reading **Designing Your Life: How to Build a Well-Lived, Joyful Life**, which applies design thinking principles to career and life decisions, and show how to build a life you can thrive in at any age or stage and see failure as a learning opportunity. So excited for this to start!

Sam!!

Thanks, Sam, thanks for answering my question on Facebook May 5th! I wanted to know some great local places to host some DPM events this summer and fall, and he told me about **The Big Easy Desk - this great coworking space at 2111 Third St in Cuyahoga Falls.**

The Big Easy Desk!!

Thanks, Mark @ BigEasyDesk.com!! Doc Pratt Ministries will be holding events at this great place that's just a block and a half from the Riverfront! **Watch your email for an invitation!** If you aren't on the email list yet, go to DocPrattMinistries.org/contact to sign-up so you **DON'T MISS OUT!** :)

SHOUT OUTS!!





The Chosen Blanket Fort is still going strong since starting in February 2024! We have watched the first four seasons of The Chosen twice through and have started the newly released season five! This group has become a beautiful embodiment of a "full-brained" community that learns together, loves each other, and supports each other through the ups and downs of life.

Our next **Game Night** is July 26th and has a lower-key atmosphere for true connection while playing card games like Uno or conversation cards (for some *really* good laughs!). If you prefer an environment that

caters to introverts, this is the Game Night for you! Message us at DocPrattMinistries.org/contact to get the specifics of time, place, and what kind of food we're having!

Thanks again to Mark @ BigEasyDesk.com, we are getting the pieces together for a **\$5 entry Scrabble tournament** very soon. A local restaurant will be sponsoring the event, and **there will be prizes for the top three winners!** For anyone who wants their Friday night to be a blast but doesn't want to compete, there's no cover charge for all the **music, food, and fun!**

Make sure you are signed up to receive email invitations so you don't miss out!

When it comes to Doc Pratt Ministries' events, FOMO* is a real threat!! Visit

DocPrattMinistries.org/contact to GET ON ONE OF THE HOTTEST INVITE LISTS IN TOWN!

(*Fear Of Missing Out, in case you've been living under a rock 🤪)

Our weekly livestream **Inspirational Influencers** podcast, **Daily Brew** inspiration shorts, and **blogs** have been temporarily paused to allow for much needed work on Doc Pratt Ministries as we have already outgrown our previous structure (WOW!).

Watch your emails and social networks for the start date of our 8-week series, "Neuropsychological Foundations of Identity and Wellness."



Many, many, MANY thanks to you all for the generous donations that fulfilled Doc Pratt Ministries' financial needs for January through June and only \$1500 is needed for July! If you would like to know more about our curriculum, *The Six Dimensions of Health & Wellness*, or the programs and services that Doc Pratt Ministries provides, scan the QR below.

If you are interested in financially supporting us, THANK YOU! Visit DocPrattMinistries.org/support.

*for more information
or to support
Doc Pratt Ministries:*

