

Organizing an African-American Church Program as a Member of the Congregation

Church members clearly are the experts in knowing their church members' health needs, how their church works, and how to generate enthusiasm among their members. The information included here is to guide interested members of the congregation in starting a health program. This health program could be one program or activity on a single health issue or it could be multiple activities on different issues. Health programs can be easily combined with many ongoing church activities.

The benefits of a health program to a church are to:

- Improve the health of your congregation by encouraging healthy eating and increased physical activity
- Reduce the risk of chronic diseases to your members
- Improve the health of homebound church members when they are included in the program
- Strengthen the community spirit among your members as they work together to achieve a common goal
- Strengthen your relationship with other health-oriented groups and professionals in your community

*For I will restore
health unto thee,
and I will heal thee
of thy wounds,
saith the Lord*

Jeremiah 30:17