

Health Ministry Ideas/Resources

Facts with Hope

www.factswithhope.org

Walking “club”

Exercise groups or classes

Plant-based “supper club”

“How-to” at www.lifestylematters.com

LifeStart Seminars

www.lifestartseminars.com

Free online

\$45 for 12 program DVD set*

Weight loss support/classes

Best Weigh

<https://bestweigh.us/>

Full Plate Diet

<https://fullplateliving.org/>

Facilitator Kit \$79*

Full Plate Diet book \$12 on Amazon

Workshops

Tofu

Legumes

Super Foods

Saving money on groceries

Small-space gardening: Square-foot gardens, Rain gutter grow systems

Vegetables

Your choice!

Balanced Living Seminars

Engineered for Success

Living Free

Better Health

Free online at www.lifestylematters.com

Smoking Cessation

Breathe Free 2

Free program materials at www.breathefree2.org

Stop Smoking with Dr. Arthur Weaver, Better Living Seminars

Free videos (5) on YouTube <https://www.youtube.com/watch?v=GqMKYzPrsSk>

Grundy Reversing Diabetes

Program materials with videos on flash drive \$80

Program materials on flash drive \$40

DVD set \$30

Participant handbook \$10 (can print from flash drive)

Recommend using *The Full Plate Diet* book and *The End of Diabetes* book

www.grundyrd.org

Diabetes Undone

Online Group Edition \$99

Complete Group Edition \$199

<https://www.diabetesundone.com/groups/>

SAIL (Stay Active & Independent for Life) classes

<https://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/OlderAdultFalls/StayActiveandIndependentforLifeSAIL>

Cooking classes

Natural Lifestyle Cooking by Teenie Finley

DVD set \$14.99, Instructor's Manual \$19.99 at ABC

Cookbook \$24.99 and Participant Workbook \$9.99 at ABC

Health Fair or Expo

Equipment available to borrow through UCC Health Ministries

Dinner with (a) (the) Doctor

Health Partners

www.rmcsda.org/support

Coaching Lasting Lifestyle Change by Lilly Tryon

DVD set & Facilitator's Guide \$130, Participant Workbook \$25

<https://www.coach22.com/coaching-lasting-lifestyle-change.html> and

<https://www.adventsource.org/as30/store-productDetails.aspx?id=36191>

Journey to Wholeness (Adventist Recovery Ministries)

Facilitator's Guide & 1 copy of each of 4 Participants Books \$39

Above plus Unhooked DVD set \$69.95

Participant books \$6.95 each, bulk discount available

<https://www.adventsource.org/as30/store-productDetails.aspx?id=36924> and

<https://www.adventsource.org/as30/store-productDetails.aspx?id=37511>

True Step Ministries

Facilitator's package \$250, Participant book \$21

<https://truestep.org/>