



Empowering

Ministries of Health

Connecting Around the World

Creating a culture that makes wellness a priority in The United Methodist Church.

Plan now to attend.

You'll learn practical ways to improve wellness for your church, conference and yourself.

September 21-23, 2010

**Hilton Salt Lake City Center
Salt Lake City, Utah**

Who Should Attend:

- Conference benefits officers
- Church leadership
- Clergy
- Health educators and advocates
- Parish nurses

Program details and registration information:

www.gbophb.org; click on “**Events & Education**”

Co-sponsored by:



Global Ministries
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GENERAL BOARD OF PENSION AND HEALTH BENEFITS
OF THE UNITED METHODIST CHURCH

Caring For Those Who Serve

Now in its fifth year, the *Empowering Ministries of Health* program is committed to creating a culture that makes wellness a priority throughout The United Methodist Church. The program addresses spiritual, physical and emotional wellness at the church, community and personal levels.

From past attendees:

- **89% learned skills to mobilize others for health ministries**
- **85% learned practical, hands-on skills for health ministries**
- **72% learned techniques for collaborating with faith and business communities**

“This program helps us keep abreast of health promotion within The United Methodist Church.”

“The conference was a motivator to dare to do more to create an environment of ‘whole health’ within our church.”



Three days dedicated to creating a culture of wellness within The United Methodist Church! Sessions will explore health ministry, church wellness and personal wellness.

Conference Sessions & Highlights

- **What Is Wellness? Whole Health Realized**
- **Starting a Formal Health Ministries Program**
- **Writing and Developing a Health Ministries Plan with Resilience and Sustainability**
- **Facilitating Effective Conversations Between a Congregation and Its Pastor**
- **Prioritizing Your Personal Health: Motivation and Action**
- **Setting and Managing Personal Boundaries**
- **Restoring Sacred Rest: Keeping the Sabbath**
- **Systems Approach: Theory and Practical Application**
- **Funding Sources: Grant Writing and Finding Untapped Programmatic Resources**
- **Tracking, Measuring and Documenting: Evaluating Results**
- **Striving for Joy: Coping with Stress Through Spiritual Journaling**
- **Ergonomics: Minimizing Risk Factors “On the Job”**
- **Creating Wellness Ministries for Children**
- **Practical Programs Poster Session**
- **UMCOR West Depot Tour**
- **Vendor Booths**

For session descriptions and other event details, go to www.gbophb.org; click on “Events & Education,” then select “Empowering Ministries of Health.”

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Other Conference Opportunities

■ **Bring a Team; Create a Health-Wellness Ministry Program Plan**

If your conference or church brings a team to this event and subsequently submits a detailed, “ready-to-implement” plan for a health/wellness ministry program, your team may receive a **\$500 grant** to help fund the program. Plans are due by **December 1, 2010** to the *Empowering Ministries of Health* event leadership team.

Conference teams may include conference benefits officer (CBO), health or conference board of pension chairperson, parish nurses, wellness committee member(s), decision- or policy-makers and individuals passionate about health ministry. If you are interested in being part of your respective conference team and need more information, please contact Ed Pienkosz for assistance at **1-800-269-2244, ext. 4655**.

■ **Submit a Poster**

Conferences, churches or individuals may share wellness programs and ministries that have improved the health of clergy and congregations. Groups submitting a poster by **July 30, 2010** that is approved by the event leadership team will receive a **\$50 credit** toward one registration fee. To submit a poster, please indicate your interest during the online registration process.

■ **Host a Vendor Booth (Table-Top Display Space)**

Vendors or groups interested in hosting a table-top display at this event should indicate their interest during the online registration process. The vendor display fee is **\$150**—in addition to the event registration fee.

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Registration Details & Fees

Register and pay online at www.gbophb.org; click on “**Events & Education.**”
Register by **Friday, August 13!**

Event registration fee: \$139 (or **\$269** with a spouse). Includes dinner Tuesday, breakfast and lunch Wednesday, breakfast Thursday, refreshment breaks and event materials.

Hotel Accommodations at Hilton Salt Lake City Center:

The special room rate is **\$95 plus tax per night** (in addition to the registration fee) based on single or double occupancy.

Event-Related Questions?

Patricia Magyar
General Board of Global Ministries
1-212-870-3871

Ed Pienkosz
General Board of Pension
and Health Benefits
1-800-269-2244, ext. 4655

Registration-Related Questions?

Anne Green
General Board of Pension
and Health Benefits
1-800-269-2244, ext. 4560

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