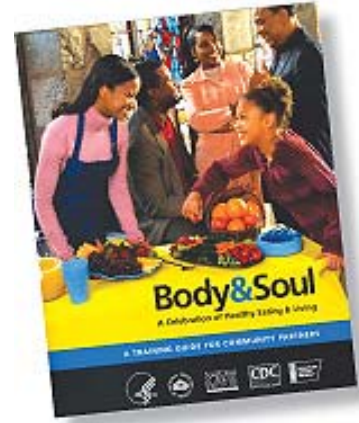


Body & Soul

A Celebration of Healthy Eating & Living

Learn More About
Bringing **Body & Soul**
To Your Congregation!
Free Education & Materials



Contact

African Americans Reach & Teach Health Ministry

Phone: 206-850-2070; Email: aarthministry@aarth.org

7728 Rainier Avenue S. Seattle, WA 98118

What is Body & Soul?

Body & Soul: A Celebration of Healthy Eating and Living is a proven health program developed for African American churches. The program empowers church members to eat a healthy diet rich in fruits and vegetables every day for better health. Churches that embrace **Body & Soul** help their members take care of their bodies as well as their spirits.

Why Body & Soul?

African Americans are at high risk for many serious and often fatal diseases. These include high blood pressure, diabetes, heart disease, and many types of cancer. A healthy diet rich in fruits and vegetables promotes good health and can help lower the risk for these illnesses.

How Does Body and Soul Work?

Church members customize and run **Body & Soul** to fit the needs of their church. You can draw upon the many talents of your church members to nourish and sustain your congregation as they move toward a healthier “body and soul.”

What are the benefits of Body & Soul?

Body & Soul congregations embrace and celebrate good health through healthy eating. By implementing **Body & Soul**, your congregation can help meet its health ministry goals:

- Learn how health and spirituality are connected
- Feel empowered to take charge of their health
- Eat more fruits and vegetables every day
- Live healthier in other ways, such as eating less fat and getting more physical activity
- Gain access to vital health information at the church

What Your Congregation Receives?

- Free peer education training
- Free Body & Soul program materials – a leaders guide, video, nutrition literature, announcements, and sermon messages

3rd John 3:2 ... I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

For more Information Call: AARTH Ministry 206-850-2070