



Making the Mind-Body Connection



Being healthy includes much more than just the absence of disease. A complete picture of health should include our mental and spiritual health in addition to our physical health. "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." I Thessalonians 5:23.

In the hustle and bustle of our busy lives, we often neglect our bodies and souls. Take the time to reflect and be thankful for your bodies, rest your minds and put your souls at ease. Care for your complete health by including physical activity as a part of your lifestyle. You can use the time when you're physically active to exercise your body while reflecting upon life's events, meditate, pray, and be at peace with your soul. Respecting your mind and body can lead to many wondrous outcomes.

If you have questions about the Health-e-AME Physical Activity program at our church, please contact _____ at _____.



Making the Mind-Body Connection



Being healthy includes much more than just the absence of disease. A complete picture of health should include our mental and spiritual health in addition to our physical health. "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." I Thessalonians 5:23.

In the hustle and bustle of our busy lives, we often neglect our bodies and souls. Take the time to reflect and be thankful for your bodies, rest your minds and put your souls at ease. Care for your complete health by including physical activity as a part of your lifestyle. You can use the time when you're physically active to exercise your body while reflecting upon life's events, meditate, pray, and be at peace with your soul. Respecting your mind and body can lead to many wondrous outcomes.

If you have questions about the Health-e-AME Physical Activity program at our church, please contact _____ at _____.