

**HMA** is an association of health professionals and others passionate about health and spirituality. An affiliate of Community of Christ, HMA promotes wholeness of body, mind, and spirit.



Inspired by Jesus Christ, Health Ministries Association envisions sustainable health and wholeness for all.



## Domestic Health Ministry

- ♥ *Health Education classes for children and adults for reunions, camps, retreats, and congregations*
- ♥ *Health Fairs with Congregations and Community Groups*
- ♥ *Networking for health professionals and other members*
- ♥ *Job shadowing and mentoring for health care students*
- ♥ *Health & Spirituality Workshops for everyone*
- ♥ *Info. and resources for Congregational Health Ministry and Faith Community Nursing*
- ♥ *Health Briefs to educate and inform*

## International Health Ministry

- ♥ *Village Health Clinics in Guatemala and Honduras*
- ♥ *Support for indigenous nurses*
- ♥ *Medical teams and health care in Honduras*
- ♥ *Support for education of young Hondurans*
- ♥ *Education, and training for indigenous health care professionals*

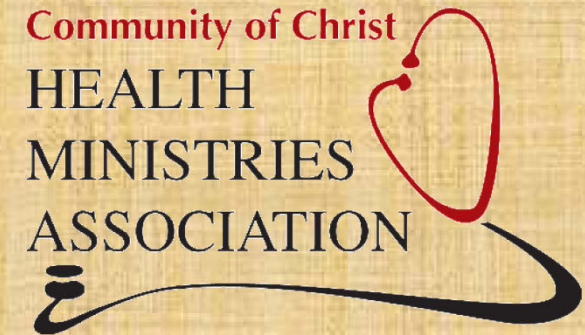
To become a member of HMA contact:

816-833-1000 ext. 1262

Email: [HMA@CofChrist.org](mailto:HMA@CofChrist.org)

[www.HMACofChrist.org](http://www.HMACofChrist.org)

# “Promoting Health with a Heart”



1001 West Walnut, Independence, MO 64050  
[www.HMACofChrist.org](http://www.HMACofChrist.org)



## HEALTH

Health Fairs  
Classes and Trainings  
Village Health Clinics  
Stewardship of Health



## NETWORKING



Member association  
Mentors for Skills and  
Expertise  
Encouragement and  
sharing of ideas for  
ministry

Concepts of Wholeness  
Congregational  
Health Ministry  
Worship Services  
Annual Workshops

## SPIRITUALITY

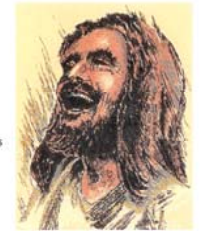


# HEALTH MINISTRIES ASSOCIATION

promotes healthy  
bodies, minds, and spirits  
through ministries of  
Health, Education, Spirituality,  
and by Networking.  
HMA seeks to minister to  
children, families, congregations,  
and communities  
domestically and internationally.

### The Healing Power of Humor

*Humor- a comic, absurd, or incongruous quality causing amusement.* The Bible records in Genesis, Sarah at ninety years old had a good laugh when told she was pregnant with Isaac. Sarah said, "God has brought me laughter, and everyone who hears about this will laugh with me." God may have also watched the prophets of Baal dancing around a pile of wood chuckling at their antics. Being made in the image of God means we, too, have a sense of humor. Our sense of humor can be the avenue of healing as we dwell on the positive.



"Your sense of humor generally abandons you right when you need it the most- on the tough days," states Paul McGhee, PhD. He continues, But if you manage to bring your sense of humor to your daily conflicts on the job, your relationship with your spouse and children, and your health or financial problems, you'll go a long way toward improving the quality of your life; and you'll boost your physical health and well-being".

## EDUCATION

Health Briefs  
Teaching Materials  
Retreat/Reunion Classes  
Workshops

