

2018 Health & Spirituality Workshop

Presented by the Health Ministries Association

“Lifestyle as Stewardship”

The careful and responsible management of the lives entrusted to our care by God starting with our own.

Saturday, August 25th, 8:30am to 4:30pm

Community of Christ Temple

201 S River Blvd Independence, Mo 64050

Morning Keynote

“Lifestyles of the Rich in Spirit”

Dr. Joy Weydert, MD, FAAP

Years ago a show, "Lifestyles of the Rich and Famous," focused on wealth, personal status, and material accumulation. What if there was a show on "Lifestyles of the Rich in Spirit" focused on the balance of body-mind-spirit and a life in service to others? What might that look like? In this talk, we'll explore the meaning of 'lifestyle' and the choices we have every day to bring about a balanced life for ourselves, our children and our children's children. By being stewards over our lifestyle, we grow in our understanding of God's love and desires for us to have our best life ever!

Closing Plenary Session

“Music Lifts Your Soul”

Jane M. Gardner, Community of Christ Presiding Evangelist

Certificates of Attendance available

Customize your workshop choosing 4 of 8 breakout sessions

EARLY BIRD REGISTRATION through August 13 - \$60

The day includes catered lunch, snacks, and beverages

Morning Sessions - pick 2

Eat the Rainbow: Cooking for Happy Kids Jenni Wright, BS

Help your kids break out of the boring and bland processed food rut by learning how to add fresh ingredients, more color, and a whole lot more flavor and nutrition into their meals. We will explore fun and creative ways to expand your family's palate without bribery or tears.

Healthy Mouth, Healthy Body Kathryn Minton, DDS

Dr. Minton's presentation "Healthy Mouth, Healthy Body" is based on her more than 30 years' of experience promoting simple but effective lifestyle choices to improve oral health. Stewardship over teeth and gums is important in every stage of life from the first tooth to the last and is an integral component in staying healthy. Be prepared to cover issues such as diabetes, periodontal (gum) disease, missing teeth, and other dental topics.

Move Your Body Diane Rogers, BA, RYT500

A healthy lifestyle includes motion. Gentle movement through various postures with focused breathing reduces stress and improves fitness and flexibility. You don't have to go to a class, join a gym, or even get down on the floor to experience these benefits with yoga. Learn some simple ways to move, stretch, and breathe suitable for all ages. Adding simple, structured motions to your daily routine will improve your health, bring healing to your spirit, and create joy in your life.

The Congregation who Plays Together, Stays Together Sonny Painter, BA, MA & Adrean Painter, BA

Sonny and Adrean are not only youth ministers, they choose to spend lots of their time involving the whole congregation in ministry which brings all ages together (like May the Force Be with You, Trunk 'R'Treat, and Tiny Tea). Learn about the various activities they lead, which help their congregation "play" together – while also offering out-reach ministry to others.

Afternoon Sessions - pick 2

Prayer through Body, Mind, and Spirit

Kris Judd, BA, EdS, Certified Spiritual Director

God created us for relationship and yearns for us to share ourselves with the Divine. Just as we are all unique expressions of the Divine, our communion with God can take many forms. Learn and practice prayers that incorporate movement, thought, language, images, silence, and scripture and deepen your relationship with God.

The Word of Wisdom in the 21st Century

Kathleen Shockley, BS, MAT, Certified Spiritual Director

D&C 86:2a “All wholesome herbs God hath ordained for the constitution, nature, and use of man...to be used with prudence and thanksgiving.” More and more science is affirming the value of the plants around us. Learn about the nutritional and medicinal value of common plants that grow here. And discuss what it means to be a steward over these God-given gifts.

Finding Wholeness after Loss

Kathy Robinson, RN, MSN

We all deal with a variety of losses as we move through life: life changes, jobs, deaths, medical problems, etc. Most of us just keep moving ahead – and don't realize how loss impacts our wholeness of body, mind, spirit, and relationships. Learn about approaches and choices which help bring us back to wholeness.

Tuning into God in the Midst of Busy Lives

Allison Norwood, RN, MSN, EdD

“Are you thinking about all that you need to get done for the church, family, work, neighbors and realize that you really do not want to? You may have burnout or know of others who do. Learn what burnout is, how to recognize it, and explore ways that spiritual renewal can relieve it. We can realign ourselves with God and become better stewards of ourselves. We are told in Mark 6:31 “Come with me by yourself to a quiet place and get some rest”. Let us discuss together how to heal burnout.

Online Registration ♥ www.HMACofChrist.org

Phone-in ♥ 816-833-1000 ext. 1262 or 1418

Mail- in Individual Registration

Name: _____

Email: _____

Address: _____

City,State,Zip: _____

Phone: _____

Special Dietary/Physical Needs: _____

Early Bird....After Aug. 22

Saturday Workshop..... \$60 _____ \$70 _____

HMA Members..... \$50 _____ \$60 _____

Seniors 65 + \$50 _____ \$60 _____

Student with ID\$20 _____ \$25 _____

Certificate of Attendance _____ \$10 _____

Total amount due \$ _____

Make check payable to HMA and mail to:

HMA, 1001 W. Walnut, Independence, MO 64050

OR by Credit Card:

_____ - _____ - _____ - _____ - _____

Exp. Date ___ / ___ / ___ Code ___ ___ Zipcode _____

Schedule

8:00 - 8:30 Registration

8:30 - 9:00 Welcome, Devotion & Introduction

9:00 - 10:00 Keynote: Dr. Joy Weydert

10:15 - 11:15 Session 1

11:30 - 12:30 Session 2 (repeats Session 1)

12:30- 1:30 Lunch & Networking

1:30 - 2:30 Session 3

2:45—3:45 Session 4 (repeats session 3)

4:00 - 4:30 Closing Session



The Health Ministries Association (HMA) presents the Health & Spirituality Workshop as part of its mission to promote health and well-being.