

2016 Health Ministry Links & Resources

- **Adventist Health Study** <http://www.llu.edu/public-health/health/index.page> All Adventists aged 35 years or older are encouraged to join. (Canadians and African American/Blacks aged 30 years or older). There is no upper age limit
- **Adventist Healthy Lifestyle Series** <http://healthyyakima.com> Health series classes 9-10 weeks each three/yr Classes done by health professionals and church pastors. Target audience; community people interested in their personal health and health issues
- **Adventists InStep for Life** <http://www.adventistsinstepforlife.org/> This site offers information about how individuals, families, and communities can become healthier and reduce childhood obesity or other chronic health problems. A tracking system is available for people to report their physical activity regularly
- **Adventist Recovery Ministries** www.AdventistRecovery.org This site offers resources for recovery of addiction or any unhealthy compulsive behavior. Some of the resources are: free newsletter Journey to Life, Unhooked video series,
- **AdventSource** <http://www.adventsource.org> AdventSource Online features a customized page for every area of ministry to help you find the best materials to lead out in your chosen ministry
- **Best Weigh Nutrition and Weight Management** <http://Best-Weigh.com> Weight Management program based in churches and run by members. Highly spiritual. God changes behavior. Ten weeks one session per week. Whole program on 1 CD \$25
- **Black Hills Health and Education Center** <http://www.bhhec.org> In the beautiful setting of the Black Hills nestled in the shadows of Mt Rushmore, we offer an intense lifestyle change program, school of massage therapy, personal training internship and more

- **Body Jones Wellness Ministries** <http://www.casiojones.com/>Website where Christians receive health, wellness, and exercise tips with a biblical focus
- **A Better Way to Live** <http://www.itiswritten.com/betterway/>It Is Written Television three-minute online spiritual boost. This new daily devotional program, called A Better Way to Live, is now available Monday Friday through the website and iTunes
- **chep.org** - CHEP Good Food Inc. works with children, families and communities to improve access to good food and promote food security.
- **CREATION Health** <http://www.creationhealth.com> CREATION (Choice, Rest, Environment, Activity, Trust, Interpersonal, Outlook, Nutrition) Health is designed to engage people in living healthy lives, inspire them to focus on nutrition, and educate them about the best ways to maintain their health
- **Full Plate Living** - fullplateliving.org/ - The Full Plate Weight Loss Program is a common sense, 7-step process to help you slim down, look great and be healthy again.
- **HealthExpo** <http://www.healthexpo.org> Health Expo is an integrated Total Health Program Series in which all dimensions of life are presented in a harmonized manner. Available for speaking appointments
- **Health Ministries (NAD)** <http://www.nadhealthministries.org> Provides resource support, leadership training, organizational development, representation, event planning and professional support to Adventist health-related professions, local churches, conferences and union conferences.
- General Conference Health Ministries healthministries.com – **Website for health ministries for the world church.**
- healthylifeinfo.com

- **Positive Choices** - positivechoices.com the choices in life can lead to health and happiness. health blogs by experts in their field; daily health tips to inform and motivate; interactive lifestyle training programs; podcasts of relevant health content; easy, economical ways you can improve your health and prevent disease. *Health Bites*- Interested in promoting a healthy lifestyle in your church, office, or club? *HealthBites* is a free monthly newsletter featuring short, in-depth, easy-to-understand articles on current health topics along with practical tips to enhance health. We do not sell or promote any products. *HealthBites* is focused on accurate and balanced health information to support positive lifestyle choices to enhance health and well-being.
- **Silver Hills Guest House** <https://www.silverhills.ca/> Located in the hills outside Lumby, British Columbia, Silver Hills Guest House has been inspiring hope and promoting healing since 1984 and is Canada's only Adventist live-in lifestyle makeover spa
- lifestylematters.com
- **StepFast Lifestyle Series** <http://www.stepfast.org> This dynamic 12-part video series based on Science and the Bible features leading experts in preventive medicine, who will help you understand the relationship between lifestyle and disease
- **The Bridge to Recovery**<http://www.thebridgetorecovery.com> The Bridge provides in-patient recovery for people with relationship issues, as well as substance abuse, compulsive behavior, sexual abuse, sexual addiction, and drug and alcoholic relapse services.
- **Vegetarianism & Vegetarian Nutrition**<http://www.vegetarian-nutrition.info> Dr. Winston Craig conducts nutrition seminars and lectures on vegetarianism. He is professor and chair of the Nutrition Department at Andrews University
- **Versacare, Inc.**<http://versacare.org/>Versacare, Inc. established The Versafund to support the principals and mission of the church by providing

grants to creative ministry projects within the North American and Inter-American Divisions of the Seventh-day Adventist church

- vibrantlife.com – Magazine - Jesus spent a lot of time healing mind, body, and spirit. *Vibrant Life* shares His ministry by meeting people where they are and by providing information and encouragement that will help them live abundantly.
- **Weimar Institute** <http://www.weimar.edu> Weimar Institute includes the Newstart Lifestyle Program, Weimar Academy, Weimar Inn, Catalog Sales/Weimar Country Store, etc. Audio cassettes, cds, dvds and videos available
- wellsource.com- health risk assessment material
- **Win Wellness and Home of Hope-** winwellness.org