



WV Healthy Bodies Healthy Spirits Schedule

Oct 3. (9:30 – 3:30)

- 9:00 **Registration and networking.** Register, talk with exhibitors, meet people
- 9:30-10:00 Mini-concert and singalong
- 10:00 **Opening prayer.** Rev Jeff Allen, director WV Council of Churches
- 10:05 **Welcome.** Barbara Chalfant, WV Presbytery director of missions.
- 10:15 **Inspiration and strategy.** Pastor Steve Willis, First Baptist Church of Kenova
- 10:30 **Roundtable discussions /** reaction to Pastor Willis' challenge
- 10:45 **Report back.** Sharing
- 11:05 **Sing and stretch**
- 11:10: **Practical, affordable projects and ideas.** Shoutouts from successful WV faith projects.
- 11:40 **Inspiration and strategy.** Pastor John Unger > Working cooperatively. Interfaith projects.

- 11:55 – 12:45: **Lunch: West Virginia Wesleyan dining hall**

- 1:00 – 1:45 and 1:50 – 2:35: **Workshops: projects you can adopt: Choose one per session.**
 - **The Daniel Plan** (Room 330, first session). A ready-made, proven program you can adopt/adapt. Hear from people who have used it. *This workshop will be offered during the first block only*
 - **Chronic Disease self-management classes** (Room 338, both sessions): How faith communities can provide free, life-changing classes that help people live healthier lives.
 - **Couch to 5K** (Room 331, both sessions): Use this popular faith-based program to get people walking and running, from beginners through experienced
 - **Healthier church food and drink** (Room 339, both sessions): Ideas about ways you can move your church away from heart attack food toward heart-healthy food. Changing your food culture: strategies, ideas and loving tactics
 - **Walk with Ease** (Room 330 second session). Experience and hear about a wonderful program from the Arthritis Association that promotes flexibility while it lowers stress level. *This program will be offered during the second block only.*

- 2:40 **Final group brainstorm/plan:** After you go home, what will you do to move toward a healthier church or community? What are your first steps? Next steps? Who needs to be involved?
- 3:10 **Call to mission: Going forward in the next year.** Closing prayer and hymn.