1st Annual Union District Baptist Association
Health & Wellness Conference

Living Life Abundantly:
Ministering to the Mind, Body and Spirit of the Church

Keynote Speaker
Dr. Adrienne Mims, MD, MPH

Greater Second Baptist Church
5615 Geyer Springs Road
Little Rock, AR 72209
Saturday, April 6, 2013
8:00 am – 2:00 pm

“I have come that they may have life and that they may have it more abundantly.” John 10:10 NKJV
Agenda

Opening Session in the Fellowship Hall

730a-800a  Sign-in Pickup Conference Packet
800a-805a   Opening Prayer
805a-810a   Welcome & Introduction of Sponsors
810a-820a   Praise and Worship
820a-830a   Dismissal to Sessions

Session I  840a-910a  Cancers in Our Midst
Session II 915a-945a  When Sugar Isn’t Sweet
Session III 950a-1020a  Loving Your Heart
Session IV 1025a-1055a  Eating & Exercising for Life
1100a-1130a Lunch Served

Ministry through Music
Psalm 150

1130a-1230p Keynote Speaker
Dr. Adrienne Mims, MD, MPH

Session V 1230p-130p  Starting a Health & Wellness Ministry in Your Church
Session VI 1230p-130p  For Pastors ONLY The Importance of Ministering to the Whole Man: How Pastors Can Lead the Way

130p-145p  Wrap-up
145p-200p  Closing Remarks and Prayer of Dismissal
           David Featherstone, Pastor GSBC

Informational Sessions

Cancers in Our Midst, Moderators Dr. Charles Bedell and LaKecia Vincent, MPH

This session will offer information on the different types of cancer affecting our community as well as ways for churches and the community to become involved in decreasing the occurrence of cancer. Moderators will provide resources for obtaining information that can be shared with the church and community.

When Sugar Isn’t Sweet: Diabetes Awareness, Moderators ______________________________

Diabetes has a long history in the minority community. In this session, learn how you can share create and manage various programs and activities that can reduce the incidence of diabetes in your congregation and community. Ms. Bradley will share her expertise in dealing with and receiving treatment for one of the most prevalent diseases affecting our community.

Loving Your Heart, Moderators Marilyn Clark and Mary Gupton

Heart disease is the #1 killer of African American women in the US. The Loving Your Heart session will offer information on the prevention of heart disease, programs for churches and opportunities to be involved with the fight against heart disease.

Eating and Exercising for Life, Moderators Stephanie Walker-Hynes and Kieonna Middleton

Portion size and exercise are important in maintaining and achieving a healthy weight. In this session, Ms. Hynes will discuss ways of creating and maintaining a healthy lifestyle through healthier eating habits and an exercise plan. Discussion of how these ideas can be incorporated into the church wellness ministry.

Starting a Health and Wellness Ministry in Your Church, Moderators UDBA Wellness

If you have ever thought about how to start this ministry, here’s your chance for great information. This session will provide the basis for starting a health and wellness ministry in your church. Written and online resources will be provided.