

## Health and Wellness Ministry Newsletter

### April Edition: “Spring Into Wellness”

As we step into April, a season of renewal and growth, it’s the perfect time to refocus on our health—mind, body, and spirit. Spring brings longer days, blooming flowers, and a reminder that God makes all things new. Let’s take this opportunity to refresh our wellness routines and embrace habits that nurture wholeness.

#### 1. Physical Health: Move With the Season

April’s mild weather offers an invitation to get outside. Whether it’s a daily walk, gardening, or simply stretching on the porch, moving in fresh air helps reduce stress, boost energy, and improve mood.

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#### 2. Nutrition: Fresh from God’s Earth

Spring brings an abundance of fruits and vegetables—God’s own medicine cabinet! This season, enjoy foods like strawberries, leafy greens, asparagus, and citrus fruits that are rich in vitamins and antioxidants.

##### Try This:

- Add a new veggie to your weekly meals
- Make water your main drink
- Choose fresh over processed when possible

#### 3. Mental Wellness: Declutter Your Mind

Just like spring cleaning your home, consider tidying up your mind. Let go of negative self-talk, stress, or unhelpful routines that no longer serve you. Replace them with prayer, meditation, and moments of stillness.



### Try This:

- Set aside 5–10 minutes each morning for prayer or devotion
- Write down 3 things you're grateful for each day
- Connect with someone who lifts your spirit

### 4. Spiritual Growth: A Season of Resurrection

April also brings Easter—a time to reflect on the resurrection of Christ and the new life He offers. Just as Jesus rose from the tomb, we too are called to rise—above fear, illness, and stagnation—and walk in wholeness.

### Scripture of the Month:

*“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”*  
—2 Corinthians 5:17

### Final Thought:

This month, let's ask ourselves: *What do I need to release in order to grow?* Let April be your reminder that change is possible, health is a gift, and wellness is worship.

Stay well,

**Health and Wellness Ministry Team**

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” 3 John 1:2

