Creating and Sustaining a Health and Wellness Ministry

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Abstract
This thesis will focus on creating and sustaining a health and wellness ministry within the local church. The local church should be not only a place that promotes spiritual health, but one that promotes and advocates for physical health and wellness. The thesis will outline how Capital Baptist Church (CBC) is making a growing and sustaining impact within the local church, community, and throughout the United States, while meeting a vital need in today's culture through a holistic Christian approach to life. This document will be a tool for other local churches to use in starting and sustaining a health and wellness program as a way for both sanctification and community outreach.

A video on creating an organizational culture of health in the workplace. Workplace health promotion is the combined efforts of employers, employees, and society to improve the mental and physical health and well-being of people at work.[1] The term workplace health promotion denotes a comprehensive analysis and design of human and organizational work levels with the strategic aim of developing and improving health resources in an enterprise. Level II: the development of health promotion tools and techniques. Level III: the creation of a work environment that assists employees in sustaining healthy lifestyles and behaviors, such as workplace cafeterias offering healthy food choices or the provision of workplace exercise facilities.[9]. Reasons Women Discontinued Participation in an Exercise and Wellness Program. Most wellness vendors offer comprehensive wellness solutions. Here are the 17 health and wellness programs that have a different purpose. They are a health consulting and wellbeing company which creates health and wellness programs to benefit employees within an organization. By finding connections between what it takes to make meaningful change and the risk factors involved with that change, WellnessPlus is able to create the best incentive programs for employees to change their behavior toward a healthier lifestyle.