

*I was sick and
you comforted me.*

MATTHEW 25:36

Since 2009, Lutheran SeniorLife and the Southwestern Pennsylvania Synod of the Evangelical Lutheran Church in America have partnered to improve the health of congregation members and communities through initiatives such as:

- Faith Community Nurse (Parish Nurse) training and support
- Exercise programs
- Blood pressure and other screenings
- Health and wellness articles and information
- Individual and group volunteer activities and outreach
- Support group formation
- Informational speakers

Through initiatives like these, participants achieve a stronger balance between the many aspects of wellness that impact one's health, resulting in a more abundant life.

Contact our Health and Wellness Ministry Coordinator today to begin or grow your congregation's health and wellness ministry.


**Lutheran
SeniorLife**
Health and Wellness
Ministry

In partnership with the
**Southwestern Pennsylvania
Synod of the Evangelical
Lutheran Church in America**



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Helping Congregation
Members Lead a More
Abundant Life®




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**ADDRESSING
WHOLE-PERSON HEALTH**

This “wellness wheel” illustrates how the many different aspects of wellness come together to impact a person’s overall health.

We work with individuals and groups within congregations to develop activities and events that are easy to implement and that help people address each aspect of their own wellness in a healthy way.

Our coordinator can visit with you or your team to provide training, to assist with planning, and to implement a variety of activities that support whole-person health. Simply contact us to learn more.



**Who Benefits from
Lutheran SeniorLife’s Health & Wellness Ministry?**



PASTORS

- Resource materials
- Grief ministry to pastors who have lost a spouse or parent
- Assistance with referrals and information on available programs
- Pastor appreciation at Theological Convocation



CONGREGATIONS

- Faith Community Nurse coordination & resources
- Activity coordination
- Workshop coordination
- Resource materials
- Outlets for and the facilitation of community outreach



COMMUNITY

- Beneficiary of congregational outreach and service work
- Access to online resource listing
- Access to workshops and activities presented by congregations

Get started today!

**Contact Patty Davidson at 412-367-8222 ext. 17 or
patricia.davidson@lutheranseniorlife.org.**