

SELF-CARE ADVOCATE

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INTRODUCTION

Here's the good news. You don't have to be a health professional to help the members of your church. You can give them Self-Care Advocate - a holistic solution that will change their lives for the better. And it's the step-by-step plan your church members need today.

Problem

In churches, most prayer requests revolve around health. This is because most adults have some form of chronic disease. For churches without an effective health ministry, the problem may be worse. This deprives you of the best from your members, and reduces your impact in the community.

- **6 in 10** adults have a chronic disease.
- **7 in 10** deaths are due to chronic diseases.

Solution

We work with churches to adopt our holistic strategies for self-care, chronic disease prevention, and risk reduction.

Equip your members with the holistic protocols they need to take charge of their health, reduce their risk factors, and live like never before.

Put action to faith by bringing our solution into your church.

Value Proposition

We're solving the problem of chronic disease once and for all.

This is a message of hope for those who are sick and hurting. Everyone in your congregation can benefit from our unique approach. Let us transform your people into Self-Care Advocates.

Our **Self-Care Advocate** can bring several desired end results, including:

Improved Health Outcomes: Reduced incidence of chronic diseases such as diabetes, heart disease, hypertension, and obesity among church members.

Increased Awareness: Heightened understanding among congregants about the risk factors, symptoms, and prevention strategies related to chronic diseases.

Behavioral Changes: Adoption of healthier lifestyle habits such as regular physical activity, healthier eating habits, and stress management techniques.

Community Support: Formation of a supportive environment within the church community where members can encourage and hold each other accountable for maintaining healthy habits.

Empowerment: Equipping individuals with the knowledge and skills to take control of their health and make informed decisions about their well-being.

Long-term Sustainability: Establishment of structures and resources within the church to sustain the program's impact over time and potentially expand its reach to other communities.

Community Engagement: Strengthening the church's connection to the broader community by offering health-related services and resources to those beyond the congregation.

Spiritual and Emotional Well-being: Integration of spiritual and emotional support into health promotion activities, addressing holistic well-being.

We invite your church to partner with us. We offer you a free wellness workshop. Please call or visit online to schedule:
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