

PROGRAM OVERVIEW

VISION: Healthy United Methodist Clergy serving Kansas ministry and modeling self-care.

MISSION: Empower members of the Kansas United Methodist clergy to maintain a healthy lifestyle for a balanced, sustainable life of ministry.

PURPOSE: The Clergy Wellness Program (CWP) is designed to provide Kansas United Methodist clergy the tools to adopt sustainable healthy lifestyle behaviors that will lead to increased quality of life and more effective careers in ministry.

PROGRAM: The CWP will utilize a set of assessment tools to identify areas of concern in the physical, emotional, spiritual, social and financial dimensions of health.

EVALUATION: The Department of Preventive Medicine and Public Health, University of Kansas School of Medicine-Wichita will conduct a formal evaluation of the program's effectiveness by measuring changes in the participant's lab results as well as comparison with pre/post Health Risk Assessment instruments.

All information is strictly confidential and will not be shared with other clergy or conference staff.



CLERGY WELLNESS RETREAT

No cost to participants

Retreat Dates:

August 30-31, 2011

Spiritual Life Center
7100 East 45th Street North
Bel Aire, Kansas 67226
316-744-0176



THE CLERGY WELLNESS PROGRAM

The Clergy Wellness Program seeks to empower Kansas United Methodist clergy to develop and maintain healthy lifestyles providing a solid foundation for a balanced, sustainable life of ministry.

The program, developed by the Kansas Area Health & Wellness Committee, is designed to identify individual health needs and develop personalized plans to address those needs.

Participants will attend a 2-day retreat where they will meet with a consulting physician, nutritionist, physical therapist, spiritual and financial advisors, and wellness coach. After an assessment with the consultants, each participant will be guided to establish individualized personal goals for wellness. After the retreat, clergy will participate in group conference calls for support and accountability.

FOR INCREASED
QUALITY OF LIFE
AND MORE
EFFECTIVE
CAREERS
IN MINISTRY

APPLY NOW!

THE CLERGY WELLNESS PROGRAM

APPLICATION

NAME _____

ADDRESS _____

PHONE _____

CELL _____

EMAIL _____

CHURCH _____

DISTRICT _____

Final selection for the program will be made to have geographic, gender, and racial diversity. You will be notified by March 31st about your application.

There is no cost for participation.

All information is strictly confidential and will not be shared with other clergy or conference staff.

Please mail this completed form to:

Kansas West Annual Conference
Attn: Susan Harvey
9440 East Boston, Suite 110
Wichita KS 67207

Phone: 316-684-0266 or 316-775-6325

Email: lsharvey@cox.net

PROGRAM SCHEDULE:

- Participant completes physical with personal physician by June 30
- Participant completes on-line Health Risk Assessment (HRA) by July 31
- Contract lab gathers and completes blood work by August 3
- All results from physical, blood work and HRA received by KUMC, complied and sent to consulting physicians by August 24
- Participants attend two-day retreat, (overnight stay required) August 30-31

FOLLOW UP AFTER RETREAT:

- Participants participate in group conference calls every 2 weeks with wellness coaches for 4 months then monthly for 8 months
- Participants may request up to 3 individual counseling sessions with wellness coach
- Participants complete on-line HRA 6 months after the retreat
- Participants complete in-line HRA and repeat blood work at 1 year

EVALUATION:

KU School of Medicine–Wichita will use HRA and lab results to evaluate program effectiveness of enabling clergy to make lifestyle changes desired for a balanced, sustainable life of ministry.

CLERGY WELLNESS RETREAT SCHEDULE AUGUST 30 - 31, 2011

Day 1

- 10:00-10:30 Arrival/Check-in
- 10:30-11:30 Plenary Introduction
- 11:30-12:15 Lunch with coaches
- 12:30-5:45 Consultant appointments:
Physician, Financial, Nutrition,
Fitness, Spiritual
- 6:00 Dinner
- 6:45-9:15 Plenary –Self Care
- 9:15 Night Prayer

Day 2

- 7:00 Optional walk, yoga...
- 8:00-8:30 Breakfast
- 8:30 Morning Prayer
- 9:00-11:45 Plenary – Self Care
- 11:45 Closing Remarks
- 12:00 Lunch with coaches
- 1:00-4:55 Consultant appointments
- 5:00 Departure

FUNDING PROVIDED BY:



Kansas Health Foundation

