

# Congregational Health Promoter Course

Preparation for those called to walk alongside individuals with health concerns.

**If your congregation is thinking of starting a health ministry, or you have an existing one in need of assistance, this course is for you!**

## Topics covered include:

- The faith-health connection
- Tips for starting a health ministry
- Tips for strengthening a health ministry
- High blood pressure, heart attack, stroke
- Nutrition
- Diabetes
- Women's issues
- Infant mortality
- Mental and emotional health
- Medications
- Lifestyle changes



**Saturday Sessions**

**November 16 & 23**  
**9am – 2pm**

**St. Paul's AME Zion Church**  
610 E. Eagle Street, Buffalo, NY 14210

**Must attend both sessions to successfully complete course.**

**Cost is \$50 per person and includes all material.**

*Payment should be sent & made payable to:*

**Faith Community Nurse Program**  
Catholic Health/Mission Integration  
Administrative Regional & Training  
Center  
144 Genesee Street, 6th floor  
Buffalo, NY 14203

**Register  
before  
October 12  
by calling:  
(716) 923-9672**

*A minimum of 10 registered participants are required to hold the course. In the event we do not have the minimum number, registration will be refunded.*