



GOOD HEALTH FOR GOOD WORKS

Helping the earnest, but often exhausted, workers in Christian organizations to take steps toward healthier living so they can serve with energy, excellence, & endurance.

WELLNESS WORKSHOPS FOR CHRISTIAN ORGANIZATIONS

WEARY OR WELL? – As you serve in the body of Christ, are you energized or exhausted? Learn how to leverage good health habits to support a successful and sustainable lifestyle of service.

CHANGE YOUR HEALTH BY CHANGING YOUR MIND
Learn keys to developing a healthy & Christ-centered mindset to support consistent good health habits.

EAT TO ENERGIZE, EQUIP & ENJOY - Learn scriptural, small, smart & strategic steps to experience the energy & enjoyment associated with healthy eating.

MOVE TO BE FIT FOR SERVICE - Learn scriptural, small, smart & strategic steps to make intentional movement a daily part of a lifestyle of service.

COPE LIKE A CONQUEROR - Learn scriptural, small, smart & strategic steps to maintain a conqueror mindset within the stressful events of life.

REST TO REFLECT & REPLENISH - Learn scriptural, small, smart & strategic steps to make rest a priority.



Ginger Hill, MS, MCHES
Christian Wellness Speaker
Certified Wellness Coach

Have you ever neglected your own positive health practices while serving others?

Ginger gives life to her workshops with biblical wisdom, practical strategies & “real life” stories from over 20 years of experience in helping others to practice healthy habits to maintain the energy level needed for a successful and sustainable lifestyle of service.



Ginger “...combines Godly principles and her wellness expertise to inspire and motivate others to step into a healthier lifestyle...her gracious personality, compassionate spirit, and compelling insights will propel your thoughts into specific action steps.”

-Kathy Viney, Christian Author & Experienced Ministry Leader

Ginger’s Workshops are...

based upon & include biblical principles & examples related to wise decision-making for healthy living.

applicable to participants living in the “real world” with multiple priorities & responsibilities.

developed based on reliable scientific findings & presented with a “one step at a time” approach.

designed to encourage audience participation & interaction because, “Wellness begins with **WE.**”

not associated with the sale or promotion of supplements or other health-related products.

For More Information:

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