

Dear Leader –

As a leader, you are involved in equipping, enabling and encouraging believers who serve others as part of your organization. **Have you ever considered that good health habits (resulting in physical and mental wellbeing) are important God-given resources that enable those who serve with you to use their gifts and fulfill their calling effectively?**

I believe that this is one of the most important, and too often overlooked, ways that we can build up the body of Christ as we partner with God to advance His kingdom. Because of this belief, I have leveraged my over 15 years of experience in the corporate wellness industry to create an organization called **Good Health for Good Works** (based on Ephesians 2:10). **The mission of this organization is to help the engaged, yet sometimes exhausted, workers in Christian organizations to take small, smart and strategic steps toward healthier living so they can maintain the energy level needed to make their service both effective and enjoyable.**

The goal is to equip and enable Christians to be good stewards of their health by providing information, support and encouragement through Christian wellness seminars & coaching. *Please be assured that this is not in any way associated with the sale or promotion of any health-related products or dietary supplements.* If you have an interest in building up the people who serve with you by helping them to get and stay on track with good health habits, I can help in several ways:

Refer members of your organization to the website. The website contains valuable information for any Christian who wants some inspiration and ideas to help them manage their health according to biblical principles. Weekly blog posts provide relevant, seasonal health-related information and encouragement around the four areas of healthy living: **Eat, Move, Cope and Rest.**

Schedule a wellness seminar. I am available for speaking engagements and am especially interested in speaking to the people who are actively serving with you. I have a signature presentation called **Change Your Health by Changing Your Mind** as well as customized presentations designed around the seasons and the four key areas of healthy lifestyle practices (Eat, Move, Cope & Rest).

Help your members reach their health improvement goals. For those who desire a little more personalized attention and support, I offer Wellness Coaching sessions to individuals and small groups.

Please visit www.goodhealthforgoodworks.org and take a look at the [Wellness Services](#) page for information describing the above mentioned services and resources.

I hope that you will partner with **Good Health for Good Works** in building up the body of Christ for effective service. For more information, please feel free to contact me.

To your good health,
Ginger Hill, MS, MCHES

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