

Dear Ministry Leader –

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

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). **This mission of this organization is to help Christians to take steps toward healthier living so that the people of God can fulfill their God-given calling energy, effectiveness and excellence!**

Our goal is to equip and enable Christians to be good stewards of their health by providing information, support and encouragement. *Please be assured that our organization 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, our organization can help in several ways:

Refer members of your organization to our website. Our 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**.

Invite us to speak to members of your organization. We are available for speaking engagements and we are especially interested in speaking to your ministry teams – the people who are actively serving in ministry. We 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.

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

Please visit our website at www.goodhealthforgoodworks.org and take a look at the [We Can Help!](#) page for information describing the above mentioned services and resources.

We hope that you will partner with us in building up the body of Christ for effective service. For more information, please feel free to contact us.

To your good health,
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