



GOOD HEALTH FOR GOOD WORKS

Mission: To help the engaged, yet often exhausted, workers in Christian organizations to take small, smart & strategic steps toward healthier living!

WELLNESS SEMINARS FOR CHRISTIAN ORGANIZATIONS

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 small, smart & strategic steps to experience the energy & enjoyment associated with healthy eating.

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

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

REST TO REFLECT & REPLENISH - Learn small, smart & strategic steps to make rest a realistic lifestyle choice & create pockets of time to relax & regroup.

HEALTHIER HOLIDAYS - Learn to manage eating, exercise & expectations to make room for a healthy & Christ-centered holiday experience.



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

Maintaining good health habits while working, staying connected to loved ones & serving in the body of Christ is hard!

Ginger gives life to her seminars with biblical wisdom, practical strategies & "real life" stories from over 15 years of experience in helping others to practice healthy habits to maintain the energy level needed to make their service both effective & enjoyable.

Ginger's Wellness Seminars 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.



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; propel your thoughts, into specific action steps."

-Kathy Viney, Christian Author & Experienced Ministry Leader

For More Information:

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