

2018 Healthy Congregations Retreat: Better Living Through Community

You're invited! Join us April 27-28 in the relaxing natural beauty of Rock Springs 4-H Center (near Junction City, KS) for learning, sharing, fellowship, and fun at the 17th Annual Healthy Congregations Retreat. The retreat is for all Great Plains United Methodists interested in intentional, effective congregational and community health ministry. The event focuses on supporting whole-person health – spiritual, physical, mental/emotional, and social – in our congregations and surrounding communities. **Visit <https://healthfund.org/retreat> for details and registration.**



Adam Barlow-Thompson



Dr. Justin Moore

2018 Healthy Congregations Retreat Keynotes

Connected, but not connected: Social Isolation and Health Outcomes – Dr. Justin Moore, Double Arrow Metabolism
Humans are social creatures – to survive and thrive we need connection and companionship with others throughout life. In his Friday keynote, Justin will discuss the health implications of loneliness and how, despite our ability to communicate instantaneously with anyone around the world, social isolation is a growing problem. He'll talk about potential interventions, both clinical and social, for our patients or congregants who may be isolated and lonely.

Why Neighbor? – Adam Barlow-Thompson, NeighboringMovement.org

Most people intuitively know that being a good neighbor is a good idea. The Neighboring Movement.org team believes it is also a movement that was started by Jesus. During his Saturday keynote address, Adam will lay out the five reasons why neighboring is an essential expression of what it means to be Christian. The argument for neighboring is wide and deep, and include transformation of individuals, neighborhoods, and faith communities.

The retreat is hosted by United Methodist Health Ministry Fund and provided at no charge to participants, but pre-registration and a \$25/person deposit are required; your deposit will be refunded when you check in. Current Healthy Congregations teams may use their grant funds to cover travel expenses. **Nursing and clergy CEUs are pending.**

The retreat features workshops with information you can take home and use right away in your own congregation and community. This year's topics include *Addiction & Opioids; Basic Neighboring Skills; Care Leaders; Healthy Congregations Planning & Technical Assistance; Holy Yoga; More Than Pills & Scalpels; Navigating the Second Half of Life; Prayer Walking; Stay Strong, Stay Healthy; Stop the Bleed; Stronger Together: Opportunities for Local Collaborations & Partnerships; and What Can We Do With a Rotisserie Chicken and Some Imagination.*

April 26 Pre-Retreat Training Opportunities

Healthy Congregations Certification Training. This is a great way for current HC teams to complete certification in one day or train new members and, for persons considering starting a team, to learn more about the program.

Strengthening Families Program Training (starts Thursday, continues Friday afternoon). This is a special opportunity to start a church-based parent support program that is easy to implement and works well.

See <https://healthfund.org/hcr/sessions/pre-retreat-trainings> for more detail about these training opportunities.

Visit <https://healthfund.org/retreat> to register and reserve your place today.