

2019 Healthy Congregations Retreat: Building a Healthier Tomorrow Together

You're invited! Join us April 26-27 in the natural beauty of Rock Springs 4-H Center (near Junction City, KS) for learning, sharing, fellowship, and fun at the 18th Annual Healthy Congregations Retreat. The retreat is for Great Plains United Methodists interested in congregational and community health ministry including spiritual, physical, mental/emotional and social health aspects. **Visit <https://healthfund.org/hcr> for full details and registration.**



Opening Keynote: Health is More Than What Happens in Your Doctor's Office



Dr. Kate Kingery, Deputy Director, Community Transformation, County Health Rankings & Roadmaps Health is influenced strongly by factors in the places where we live, learn, work, and pray. Kingery will use CHR&R data, evidence, guidance, and stories to help us identify how to make our own communities healthier places. Using real-life examples, we'll see how faith leaders can share a call to action and engage with others to create opportunities for everyone to live their healthiest lives.

Expert Panels:

Community Spotlight: Learn how local communities and churches are working to positively influence healthy behaviors. Featuring Lisse Regehr, Thrive Allen County; Karen Braman, Kansas Hospital Association; and Shelley Rich, Wichita YMCA.

Feeding Our Hungry Neighbors with Action and Advocacy: Learn what food insecurity and hunger look like in Kansas and Nebraska. Public policy issues and how we can advocate both nationally and locally will be highlighted. Participants will learn about local responses to hunger and gain ideas for activity in their own communities. Featuring Joey Hentzler, Kansas Appleseed and Matt Freeman, The Big Garden.

Behavioral Health – How Communities Can Respond: Learn how behavioral health affects health outcomes, and ways communities can address stressors, loneliness and social isolation, and other related factors. Featuring Kayley Connor, High Plains Mental Health Center and Neighboring Movement staff Adam Barlow-Thompson and Matt Johnson.

Workshops:

The retreat features workshops with information you can take home and use right away in your own congregation and community: *How Healthy is Your Community?; Growing Justice Together – The Big Garden Program; Expanded Opportunities for Healthy Congregations; Holy Yoga; Faces of Displacement – Let Their Voices Be Heard; Offering Affordable Child Care in a Church; Planting Seeds to Better Your Community; Introduction to the Neighboring Movement; Pray As You Go; and What's Faith Got to do with it? Values, Advance Care Planning: Our Roles as Trusted Messengers.*

The retreat is provided at no cost, but pre-registration is required; your \$25 deposit will be refunded during check in. Healthy Congregations teams may use their grant funds to cover travel expenses. **Nursing and clergy CEUs offered.**

April 25 Pre-Retreat Training

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

See the retreat website <https://healthfund.org/hcr> for full details about these opportunities

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