

Why would my church want to offer an evidence-based program to our congregants?

That's also a great question! Most of us know we could take better care of ourselves and churches are great places to support people to improve their lives – spiritually and physically. Together, as a church, we can learn to take better care of our “temple” – our body. When we have health programs that we do at church or with people from our church (or even a group of churches), we are learning to better care for our bodies and being good role models to others around us. We are learning and working together to improve our health so we can do the work of the church better too!