

What is a Health Ministry

A Health Ministry helps congregations address aspects of spiritual, physical and emotional well-being. It helps members examine lifestyle choices that allow them to live up to their God given potential. A Health Ministry can include educational programs, health fairs, screenings, health assessments, exercise classes, support groups, calling sick and shut-in, parish nurse, Christian caregiving and counseling, bulletin inserts, etc. Each church determines its ministry focus and activities based on the needs and resources.



“Faith Health Ministries empowers the faith community to live healthier by promoting health of body, mind and spirit.”



Faith Health Ministries is a ministry of HealthVisions East St. Louis (HVESL) and is sponsored by HealthVisions Midwest and the Poor Handmaids of Jesus Christ.

Faith Health Ministries

Paula Wills
Executive Director of HealthVisions
East St. Louis
4700 State Street, Suite 4
East St. Louis, IL 62203
Phone: 618-271-7000
Fax: 618-271-7007



“Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers” III John Verse 2



OUR MISSION

“Inspired by Christ’s love, Faith Health Ministries is called to promote health and wellness within the faith community using disciplines of worship, service and education; Faith Health Ministries seek to strengthen the role of churches in promoting health and wellness for the faith community.”

Faith Health Ministries (FHM) help churches promote and integrate faith and healthy living for its members and the community of faith.



As followers of Jesus Christ we are called to *use our gifts and talents to serve God’s people and transform lives.*

FHM empower congregations in promoting and attaining the optimal physical, mental, emotional, social and spiritual health for the faith community.

FHM conducts Chronic Disease Self-Management, Living a Healthy Life six week workshop that helps people with chronic diseases manage their health to live active and fulfilling lives.

Faith Health Ministries

- Support congregations in developing and enhancing Health Ministries to fit the congregations’ needs.
- Link congregations with local resources for Health Ministries.
- Train congregational members in health, safety, spirituality, nutrition and exercise.
- Provide congregations with evidence-based training and resources to reduce health disparities and live healthier.
- Help congregations implement the four pillars of Body & Soul for celebrating healthy living
 1. Pastoral leadership
 2. Education activities
 3. Church environment that supports healthy eating.
 4. Peer counseling

God’s Word on Living Healthy



- *So, whether you eat or drink, or whatever you do, do it all for the glory of God. 1 Corinthians 10:31*
- *Do you not know that your body is the temple of the Holy Spirit, who is in you, who you received from God? ... therefore glorify God in your body, and in your spirit, which are God’s. 1 Corinthians 6:19-20*

FHM help congregations develop ministries related to eating healthy fruits and vegetables, implementing exercise and safety programs so the members glorify God.