



## Body & Soul

Body & Soul is a wellness program developed for African-American churches. The program empowers church members to eat a diet rich in fruits and vegetables everyday for better health. Churches that embrace Body & Soul help their members take care of their bodies as well as their spirits. A committee customizes Body & Soul to meet the needs of the congregation, promotes and tracks the program. Body & Soul works by combining Four Pillars:

- A Pastor who is committed and involved
- Church activities that promotes healthy eating
- A church environment that supports healthy eating
- Peer Counseling that motivates church members to eat healthy diets

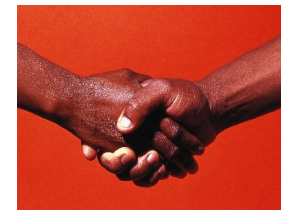


**Faith Communities Joined for Health**  
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**St. Louis, MO 63108**

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# Faith Communities Joined for Health



Empowering African-American churches to reduce health disparities

## FCJH

Consortium is a voluntary collaborative group, with representatives from community agencies, universities, health departments, faith communities, joined together to eliminate health disparities affecting African-Americans in the St. Louis Metropolitan area. The Consortium members do this by promoting and implementing evidence-based programs such as Body & Soul program and cancer education efforts in African-American churches.

The purpose of the Consortium is to pool resources, support members, develop contacts and provide ongoing support with churches.

## Mission

To eliminate health disparities affecting African Americans in the Metropolitan St. Louis area by taking collective action to empower predominately African-American churches to enhance the health of their members and the communities served by the churches using evidence-based strategies.



## Church Expectations

What churches can expect from FCJH and what we can expect from them.

### Churches can expect to receive:

- Education and resources to implement Body & Soul
- Strategies to develop and or enhance health ministries
- Access to resources and technical support, collection of data and evaluation of health ministry activities

### Churches are expected to:

- Learn how health and spirituality are connected
- Become empowered to take charge of their health
- Implement the four pillars of Body & Soul
- Provide health information to its members
- Live healthier by eating more fruits and vegetables , less fat and getting more exercise

## 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.

## Our Collaboration

- Lane Comprehensive Cancer Coalition
- Program for Elimination of Cancer Disparities, Siteman Cancer Center
- 100 Black Men of St. Louis
- Faith Communities United
- Saint Louis District Christian Methodist Episcopal Churches
- Saint Louis County Health Department
- Saint Louis City Health Department
- HealthVisions East Saint Louis
- Cancer Prevention & Control Research Network at Washington University
- Deaconess Parish Nurse Ministries
- Literacy Investment for Tomorrow
- Local Churches in St. Louis City, St. Louis County, and East St. Louis, Illinois

**For information on  
how you, your  
organization, or  
your church can be  
involved**

**Call 314-533-0534**