Trick or Treat is a common saying in October. This is a good time to treat yourself and not be tricked. The American Heart Association recommends to keep your blood pressure less than 120/80.

Have you checked your blood pressure lately? There are two blood pressure machines available for your use at church.

Some ways you can control your blood pressure:

1. Eat a healthy diet. Include whole grains, fruits and vegetable and low fat dairy products. Read your food labels to see how much saturated fat/trans fat and cholesterol it contains.

2. Exercise regularly—recommendation is 150 minutes per week. Start slowly and build up.
Hello to all! I’m Jamie Lee and “on paper” I am the Project Director for the Heart4Change grant. Like I said – on paper – as this grant is definitely a partnership – teamwork at its best! I have been a registered nurse for almost 35 years and have worked in the hospital, home health, school, and now public health for the past 11 ½ years. I have one son, Ben, who is 25 years old and lives in Elizabethtown. My husband & I have 2 dogs and 5 cats who let us live with them in Russell Springs. I love traveling, camping, hiking, reading, and any kind of crafts. I am so excited to be able to work with you and your church for the next 3 years. We hope this grant will help your congregation become healthier, build relationships within the church body, serve as an outreach ministry to bring more people into your church, and simply be a way for you all to love on your community. Hope to see you soon.

Meet Di Hayward, SNAP-Ed / Nutrition Education Program Assistant. Di has worked in this role for the University of Kentucky Cumberland County Cooperative Extension for the past three years. Di is married to Dennis Hayward and has lived in Cumberland County Kentucky for the past 11 years.
Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. I Corinthians 10:31
What’s Next?

Health Committee Meeting
November 7th at 4:30 pm CST
at Centerpoint Church

Freedom from Smoking
7-week Tobacco Cessation classes
For ALL forms of tobacco!
Begins Tuesday, January 8, 2019
at Centerpoint Church
at 5pm CST
Free Nicotine Replacement
For more information and to REGISTER
call 270-864-2206 Ext 8237

Happening Now...

⇒ Insanity Workout on Tuesdays at 4:30 pm CST at CCN
⇒ Walking Group at Veteran’s Park Monday, Tuesday, Thursday and Friday at 5pm CST, and Saturdays at 8am CST.
⇒ Diabetes Self Management Education classes beginning Mondays, November 19th, from 3pm to 5:30pm CST at CCN
⇒ Daniel Fast beginning in October
*See a Health Committee Member for details*