

Walk to Jerusalem

What is Walk to Jerusalem

The Walk to Jerusalem is a walking program developed by St. John Health parish nursing and **designed to increase the physical, spiritual and emotional health of participants**. This “imaginary” trip to Jerusalem is accomplished by individuals within the church or organization logging their own walking miles each week. The Walk to Jerusalem usually begins in January with the goal of accumulating enough miles to reach Jerusalem by Easter. There is information on how to bring the program to various age groups and settings. Country and culture highlights are also included. (The fall version of this walk is The Walk to Bethlehem. This begins in September with the intent of reaching Bethlehem for the Christmas celebrations).

Walk to Jerusalem, a church and community wide program comes with a Booklet and CD (with reproducible materials). Cost is \$35. (TIP: 2-3 Small churches can work together & purchase together). To order call 1-888-440-7325. To view materials go to www.stjohnprovidence.org/WalktoJerusalem. Additional tools: Passport to Good Health & Walk & Pray Booklet are entirely optional & not needed for a successful program.

For questions or more info-Contact: healthteam@wpa.org

