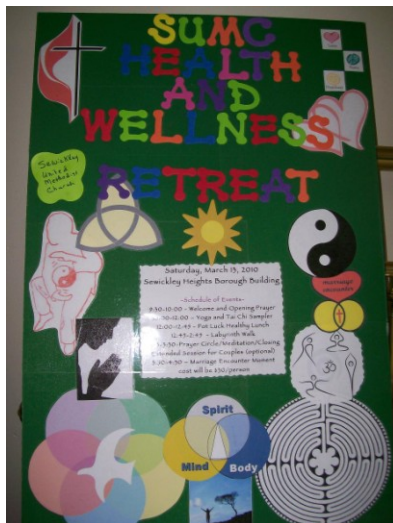


Sewickley United Methodist Church
337 Broad Street, Sewickley, PA. 15143 Phone: 412-741-9430
Pastor: Reverend Russel Shuluga
Health & Wellness Minister: Sandra Lane



Our program was launched
March 2009. At our church
we have offered lectures on:

**Caring for your Back,
Stress Management,
Weight Loss,
Hazards of Fast Foods,
Hands-On Organic Cooking Class
Line Dancing Classes
Summer Hikes
Workshops on Yoga and Meditation
Day-long Health and Wellness Retreat**

Current summer program: The "Joy of Walking" Series. We are meeting once a month for the next 4 months to walk as a group. Our first walk in June was 2 miles and we will be working our way up to 5 miles by September. Have also given participants a walking journal to record their weekly progress, as walking on their own is a requirement so they are physically ready to make the jump to the next mile mark. We are also offering all participants the chance to win a free massage.

We also have a blog (www.sewickleyumc.org), which is updated weekly with healthy recipes, inspiring quotes, videos and information on our events.

Note: Sewickley UMC was recognized as one of the 2010 Western Pennsylvania United Methodist Conference Health Ministries.

CONGRATULATIONS & Keep up the good work!

