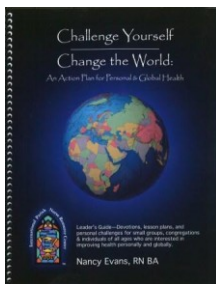


# ***Challenge Yourself – Change the World:***

***An Action Plan for Personal & Global Health by Nancy Evans, RN, BA***

- This new program combines 40 days of devotion with a healthy lifestyle program, service project options, and PowerPoint presentations for healthy eating.



The **leader's guide** includes everything you need for a class or small group setting.

- A 40 day devotional with questions for reflection/small group discussion
- Instructions for a wellness program and a

service project –

- Three PowerPoint lessons – healthy breakfasts, new parents, and general lifestyle changes for better health – included on a CD

**Also includes lesson plans, and personal challenges for small groups, congregations & individuals of all ages who are interested in improving health personally and globally. Available from the International Parish Nurse Resource Center (IPNRC) @ [www.parishnurses.org](http://www.parishnurses.org) or call 314-918-2559 Cost is \$40**

(You may photocopy the daily devotionals for each participant OR individual Devotional Booklets can be ordered from IPNRC for \$5 each).

**FOR GOLDEN SNEAKER POINTS PART TWO: TAKE A WALK! CHANGE A LIFE MUST BE IMPLEMENTED BETWEEN JANUARY 30, 2011 AND APRIL 23, 2011.** Participants keep track of their miles. Each church creates

**the method of tracking and collecting participant's miles. Churches turn the total miles walked by your congregation in to your District Office no later than 1 week after the program is completed. See Report Form. Please encourage your pastor to participate along with you. Be sure to record the pastor's miles on the report form for clergy physical activity credit.**