

2022



JANUARY

Scripture Memory Challenge – 3 John 1:2
Water Drinking Challenge – 16 oz
Book – The Daniel Plan
Recipe - Rosemary Chicken

FEBRUARY

Scripture Memory Challenge – 1 Corinthians 3:16
Heart Month – Wear Red Sunday – February 13
Well Church Conference – February 19
Water Drinking Challenge – 32 oz
20/20 Movement Challenge
Video – How to Live an Active Lifestyle - Ways to Be More Active - YouTube
Recipe – Salmon

MARCH

Scripture Memory Challenge – 1 Corinthians 10:31
Senior Adult Luncheon – March 15, noon
Nutrition Lunch n' Learn – March 26, 11:30
Healthy Pot Luck – Sunday School Classes
Water Drinking Challenge – 48 oz
Book – What the Bible Says About Healthy Living
Recipe – Salad Baked Potato

APRIL

Scripture Memory Challenge – Isaiah 26:3 (ESV)
Campout, April 8-9, 5:00 p.m. to 9:00 a.m.
Sleep Seminar, April 22, 6:00-7:30 p.m.
Water Drinking Challenge – 64 oz
Breathing Challenge – 4/7/8 Breathing Exercises
Post Podcast – 7 Christian Podcast about Anxiety
Recipe – Chocolate Chip Cookies

MAY

Scripture Memory Challenge - Psalms 4:8
Digital Detox Challenge
Getting Good Sleep Challenge
Book & Podcast– Jarred Cash
Recipe – Roasted Chicken with Root Vegetables

JUNE

Scripture Memory Challenge – 1 Corinthians 13:6
1st Annual Family 5K Fun Run/Walk – June 11
Men's Health – Wear Blue Sunday June 12
Men's Memorization Challenge – Men's Motto
Video – Why Christians Should Care About Fitness - YouTube
Recipe – Chicken Taco and Cilantro Lime Rice

JULY

Scripture Memory Challenge – Proverbs 17:22
Speed Friendship Challenge, July 10, 5:00 p.m.
Ladies Tea Party – July 13, 11:30 a.m.-1:30 p.m.
Veggie Cooking Class – July 23, 9 a.m.
Family Connect Challenge Cards
Book – Making Things Right at Work
Recipe – Grilled Chicken Avocado and Mango Salad

AUGUST

Scripture Memory Challenge – Matthew 4:4
Fruit and Vegetable Challenge
Health Fair – Saturday, August 13
Diabetes Straight Talk Seminar, Saturday, August 27, 9 a.m.
Recipe – Grilled Meat Marinade

SEPTEMBER

Scripture Memory Challenge – 1 Thessalonians 5:23
Faith & Finances Class – September 21, 5:00 p.m.
Successful Aging Lunch n' Learn – September 20, 11:30
Spiritual Journey Commitment
Luminosity Challenge
Book – The Total Money Makeover by Dave Ramsey
Recipe – P. F. Chang's Chicken Lettuce Wraps

OCTOBER

Scripture Memory Challenge – Philippians 4:6
Mindfulness Challenge
Brown Bag Conflict Management Seminar, Oct 3, 6 pm
Book – Resolving Everyday Conflict
Recipe – Lemon Garlic Chicken & Green Bean Skillet

NOVEMBER

Scripture Memory Challenge – Psalm 136:1
Sneaker Sunday, November 6
Grateful Giving Ideas
21 Days of Gratefulness Challenge
Book – The Air I Breathe: Worship as a Way of Life
Recipe – Green Bean Casserole – The Real Food Way

DECEMBER

Scripture Memory Challenge – Psalm 118:1
Summary of Wellness Reach Initiative
Recipe – Cranberry Rosemary One Pan Chicken

Wellness Pledge Form

Sign a wellness pledge form as a commitment to focus on all the pillars of health for one year.

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

3 John 1:2 (NIV)