



## Wellness Circle Schedule

Congregation Name: \_\_\_\_\_

**Wellness Circle Facilitator(s):**

Name: \_\_\_\_\_

Contact: \_\_\_\_\_

Name: \_\_\_\_\_

Contact: \_\_\_\_\_

Name: \_\_\_\_\_

Contact: \_\_\_\_\_

**Group Rules:**

1. Remembering that all live in God's Grace. We are all sinners and saved.
2. No discussion of group conversation outside of Wellness Circle sessions.
3. Respect for all members and be supportive in everyone's goal progress
- 4.
- 5.
- 6.
- 7.

	Wellness Circle with 5 150 Wellness Model	Date	Time	Location
Start up	Time following training to congregational approval to 1 <sup>st</sup> session	/ /		
Week 1	Congregations Introduction to Wellness Circles	/ /		
Week 2	Session 1: Increasing Fruit & Vegetable Servings in Your Diet	/ /		
Week 3	Session 2: Stretching & Breathing	/ /		
Week 4	Session 3: Serving Size – Fruit & Vegetable Variation	/ /		
Week 5	Session 4: Benefits of Walking	/ /		
Week 6	Session 5: Grocery Shopping for Fruits & Vegetables	/ /		
Week 7	Session 6: Strength Training at Home	/ /		
Week 8	Session 7: Home & Community Gardening	/ /		
Week 9	Session 8: Exercising with Family & Friends	/ /		
Week 10	Session 9: Goal Evaluation from Session 7 & 8	/ /		
Week 11	Wellness Circle 5 150 Wellness Model Evaluation	/ /		
Week 12	Wellness Circle party & planning for future Wellness Circles	/ /		