

THANK YOU NOTES



Stories of Connectional Giving

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Wellness Ministry

Kae Tritle serves as the Wellness Coordinator for the Iowa Annual Conference. Her work on behalf of the Board of Pensions helps to encourage healthy lifestyles.

This year more than 250 clergy and their spouses attended the health screening offered at Annual Conference to monitor their physical condition. Each screening is a miniature checkup to discover early signs of medical conditions such as diabetes, prostate cancer, hypertension, and hypothyroidism.

Other programs include a health seminar for newly ordained persons, addressing ways to balance personal

care in body, mind, and spirit while serving in a local church, and the Footin' It for Relief 5K walk, which raised funds for Iowa flood recovery efforts and Haiti relief.

Many pastors in the conference, such as Gary Armstrong, Kevin Gingerich, Barrie Tritle, Bob Burkhart, and Steve Taylor, have been supported through the Virgin HealthMiles Walking Program to improve their physical activity and heart health by walking more than 20,000 steps each day — the equivalent of 8 miles!

Read more about the Wellness Ministry, your apportionment dollars at work, by visiting their website at www.iaumc.org/pages/detail/1693.



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