



Faith-Based Wellness

Creating health in mind, body, and spirit

UC San Diego
SCHOOL OF MEDICINE

Center for
Community Health

We partner with diverse faith organizations to create healthier communities

Our expertise and services can instill a culture of health and wellness in your congregation and faith community

- Nutrition and physical activity resources, including Harvest of the Month and Walking Clubs
- Health and wellness workshops and training
- Support health and wellness messages, sermons, and policies
- Establishing health ministries or wellness committees
- Ongoing technical assistance and support
- Develop placemaking, gardens, and other healthy environmental changes



Assessment

Assess your current food, exercise, health, and wellness efforts, then develop a tailored action plan based on key areas of interest.



Engagement

Create and train a committee or ministry of congregation and faith community members to support health and wellness efforts in your organization.



Education

Provide health promotion, marketing, and educational materials to communicate and strengthen your health and wellness efforts.



Connect

Act as liaison between community, city, county and state health and wellness resources.



Evaluation

Provide technical assistance to support and evaluate your health and wellness efforts in the community you serve.

Voices from our Faith-Based sites

- “ A program like this is important because our spiritual life is very much connected to our physical life, and so they complement one another.”
- “ I’m eating better and exercising since I started the wellness program at my church. It has helped with my diabetes and I’ve lost weight. I finally feel healthy.”

Join us today

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The Faith-Based Wellness Program is a program of *Live Well San Diego: Healthy Works* and implemented by UCSD Center for Community Health. This work supports *Live Well San Diego*, the County’s vision for a region that is Building Better Health, Living Safely, and Thriving. For CalFresh information, call 2-1-1. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.

