

*What we have to offer:*

**WELLCHURCH.TAMU.EDU**

## THE WELL CHURCH ASSESSMENT

*The assessment provides a report of the perceived physical, mental, and spiritual health status of your congregants. After receiving the report, churches can create a Well Church Plan and connect to needed resources.*

## WELL CHURCH & COMMUNITY CONVERSATIONS

*This is a monthly webinar series that interview experts and covers information on improving health and wellness for congregants. Topics include overall health, leadership, 'lessons learned' from our experts, and more.*

## THE NEWS

*Once a month, get the latest on what's happening in the Well Church Community. Visit our website to sign up for the news.*

## RESOURCES

*Our resource page provides links on:*



**ACTIVE  
LIVING**



**HEALTHY  
EATING**



**SUBSTANCE  
MISUSE**



**MENTAL  
WELLNESS**

## COMING SOON

*Keep a lookout for our future projects! We have clergy education on health topics, family physical activity programming, and the 2nd Annual Well Church Conference in the works!*

## WANT TO KNOW MORE?

Contact Dr. Megan McClendon  
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More Info | [wellchurch.tamu.edu](http://wellchurch.tamu.edu)



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