

Medical

<https://chreader.org/power-prevention/>

<https://blog.ohiohealth.com/the-three-pillars-of-brain-health-mind-body-spirit/>

<https://blog.ohiohealth.com/mens-health-screenings/>

End of Life pdfs and video

Movement

<https://chreader.org/mindfulness-of-our-bodies/>

<https://blog.ohiohealth.com/the-benefits-of-changing-up-your-exercise-routine/>

<https://chreader.org/gym-phobia/>

Work

<https://chreader.org/the-gift-of-work/>

<https://chreader.org/restoring-the-healer/>

<https://www.westohioumc.org/conference/news/what-did-wesley-practice-and-preach-about-money>

Emotional

<https://chreader.org/congregational-mental-health/>

<https://www.latimes.com/opinion/op-ed/la-xpm-2013-apr-07-la-oe-0407-silk-ring-theory-20130407-story.html>

<https://www.mentalhealthfirstaid.org/>

Nutrition

<https://blog.ohiohealth.com/series/diets-deconstructed/>

<https://blog.ohiohealth.com/healthy-mason-jar-recipes/>

<https://blog.ohiohealth.com/wp-content/uploads/2019/10/Mom-on-a-Mission-Cheat-Sheet-Eating-Healthy-Away-from-Home.pdf>

Friends & Family

<https://blog.ohiohealth.com/e-cigarettes-separate-fact-fiction/>

<https://blog.ohiohealth.com/how-much-screen-time-is-okayfor-teenagers/>

Faith Life

<https://www.westohioumc.org/conference/resources-1>

Relationship to OhioHealth

<https://www.westohioumc.org/conference/news/ohiohealth-west-ohio-conferences-healthcare-system-0>

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| **OhioHealth & West Ohio Conference - “Health Minute” Production Calendar** |
| **WEEK #** | **WEEKLY THEME** | **FILMING DATES** | **EMAIL PUSH/WEBSITE DATES** | **LINKS/ RESOURCES** | **NOTES AND COMMENTS** |
| **MONTH A - WHAT IS HEALTH?** |
| WEEK ONE | Romans 12 | TBD | *Need from WOC partners* | **External**Article: <http://chreader.org/what-is-healthy-eating/> Video: <https://www.youtube.com/watch?time_continue=4&v=whPuRLil4c0> <https://www.youtube.com/watch?time_continue=4&v=whPuRLil4c0> Book: Dust and Breath: Faith, Health, and Why the Church Should Care About Both**OhioHealth**<https://blog.ohiohealth.com/four-tips-eating-organic-smart-way/><https://blog.ohiohealth.com/the-science-of-creating-healthy-habits-3-steps-to-make-or-break-a-habit/>https://blog.ohiohealth.com/container-gardening-grow-herbs-and-veggies-in-small-spaces/https://blog.ohiohealth.com/how-to-start-exercising/https://blog.ohiohealth.com/run-jog-or-walk-spring-races-to-get-you-moving/https://blog.ohiohealth.com/drink-more-water-winter/https://blog.ohiohealth.com/ways-achieve-health-goals/ |  |
| WEEK TWO | Strength | TBD | *Need from WOC partners* | **External** <http://chreader.org/christian-body-image/> <http://chreader.org/why-walk/> **OhioHealth**https://blog.ohiohealth.com/how-to-relieve-stress/https://blog.ohiohealth.com/6-heart-healthy-habits-for-women-that-you-can-start-today/https://blog.ohiohealth.com/adult-coloring/https://blog.ohiohealth.com/showing-gratitude-important-heres-get-started/https://blog.ohiohealth.com/apps-to-help-you-find-your-calm/https://blog.ohiohealth.com/what-is-art-therapy/https://blog.ohiohealth.com/sleep-app/ |  |
| WEEK THREE | Temple of HS | TBD | *Need from WOC partners* | **External**<https://www.ted.com/talks/meaghan_ramsey_why_thinking_you_re_ugly_is_bad_for_you#t-710322> <https://onbeing.org/programs/matthew-sanford-the-bodys-grace/>  |  |
| WEEK FOUR | Accountability | TBD | *Need from WOC partners* | **External**<http://chreader.org/around-church/>  |  |
| **MONTH B - MODEL FOR HEALTHY LIVING** |
| WEEK ONE | CHreader model | TBD | *Need from WOC partners* | **External**<http://chreader.org/model-healthy-living2/> <https://www.livingcompass.org/assessment-introduction/> <https://www.wespath.org/center-for-health/resources/wellness-toolkits/>  |  |
| WEEK TWO | Movement | TBD | *Need from WOC partners* | **External**<https://www.wespath.org/assets/1/7/5080.pdf>  |  |
| WEEK THREE | Friends & Family | TBD | *Need from WOC partners* | **External**<https://www.wespath.org/assets/1/7/5007.pdf> |  |
| WEEK FOUR | Nutrition | TBD | *Need from WOC partners* | **External**<https://www.youtube.com/watch?v=9WC8A1Lrq8M> <https://www.wespath.org/assets/1/7/4893.pdf>  |  |

This page has other health resources that can be added month to month.