



*Bless Your Heart*

## Bless Your Heart: Toolkit for Churches

### 1. **ABCS Overview**

- a. Million Hearts Consumer Fact Sheet
- b. Million Hearts Partner Fact Sheet

### 2. **AFMC's ability to support efforts going forward**

- a. atom Alliance's Goals and Objectives
- b. How atom Alliance can help

### 3. **Resources for Health Ministry**

- a. How to create health ministry objectives
- b. Program design
- c. Ways to get message out to congregation (Narrative with bulleted points)
- d. The importance of prevention
- e. Resources – links to information regarding health ministries
- f. Assessments
  - i. Initial Survey 2012
- g. Tools
  - i. How to Establish a Church or Community Garden
  - ii. How to Plan a Successful Health Fair
- h. Newsletter articles
  - i. Million Hearts Newsletter Article
  - ii. Tip Sheet to Reduce Salt and Sodium
  - iii. My Plate Articles
  - iv. Paragraphs for bulletin inserts
  - v. The Power of Positive Thinking, Meditation and Prayer

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