

# CLERGY HEALTH FAIR

APRIL 3, 2017

## REGISTRATION

There is no cost for this event.

If you are registered and discover you are unable to attend, please let us know.

Name: \_\_\_\_\_

Church/Agency/Organization: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone number: \_\_\_\_\_

Email: \_\_\_\_\_

Send registration to:

Baptist Hospital  
Pastoral Services  
P.O. Box 17500  
Pensacola, FL 32522

or

rward@bhcpns.org

If you have questions, please call:  
Ruth Ward – 850.469.2363



Non-Profit  
Organization  
U.S. Postage  
PAID  
Pensacola FL  
Permit No. 18

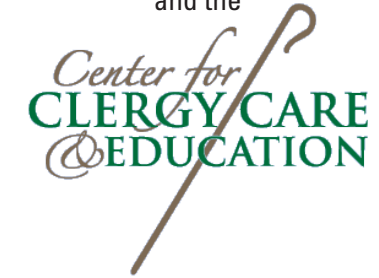
Pastoral Services  
P.O. Box 17500  
Pensacola, FL 32522-7500



ADDRESS SERVICE REQUESTED

BAPTIST HOSPITAL  
DEPARTMENT OF PASTORAL SERVICES

and the



are pleased to host  
the 2nd annual

## CLERGY HEALTH FAIR

“Practicing Sabbath”

Monday, April 3, 2017  
8 a.m. - 3 p.m.

Hilton Garden Inn  
1144 Airport Blvd.  
Pensacola, FL 32504



**Donald W. Winslett, Ed.D.**  
Director, The Center for Clergy Care  
& Education

## CLERGY HEALTH FAIR

### Practicing Sabbath

What does it mean to practice Sabbath? Time and time again I encounter pastors who, as it relates to this issue, do not “practice what they preach.” As a group, perhaps we are better givers of grace than receivers. We know what we need to be doing as it relates to self-care; however, many times do not follow what we know to be in our best interests. Hopefully, the upcoming Clergy Health Fair will be a commencement, a beginning and perhaps a start for conversations and relationships that will enhance our personal lives, and thus our ministry.

Our focus in this second annual Clergy Health Fair is not only the encouragement to practice Sabbath, but what to do during that sacred time. We will discuss this issue, learn about the lives of some of our fellow pastors and discover how they learned how to practice Sabbath “in the gaps.”

The day will be fun, interactive and educational. My Healthy Blueprint by Baptist Health Care, will be available to provide real-time health screens. In addition, the Beck Depression Inventory will be available for you to complete. There will be other professionals present to help you learn more about getting healthy and staying healthy. There is no cost for the day’s event. Pay close attention to the generous sponsors noted in this brochure, and please go out of your way to thank them for their support of this day and the continuing work of the Center for Clergy Care & Education.

I look forward to seeing you on Monday, April 3, 2017 at the Hilton Garden Inn on Airport Blvd. for our 2nd Annual Clergy Health Fair – “Practicing Sabbath.”

Grace and Peace, Don

## CLERGY HEALTH FAIR AGENDA

8 a.m.	Welcome, Registration and Continental Breakfast
8:30 a.m.	Morning Prayer
8:45 a.m.	“Practicing Sabbath” – Donald W. Winslett, Ed.D.
10:30 a.m.	“Imagine Yourself”
11:30 a.m.	Lunch (tour exhibits)
12:15 p.m.	Afternoon Prayer
12:30 p.m.	“Sabbath and Food” – Meghan McCarthy, My Healthy Blueprint
1:30 p.m.	“Sabbath and Movement” – Olivia Goodman, Good Fit – Paul Epstein, Running Wild
2:45 p.m.	Questions and Answers
3 p.m.	Conclusion

This event has been approved for **Methodist Pastors** in the Alabama-West Florida Conference to receive .5 continuing education credits (CEUs).

This event has been approved for **Episcopal Priests** in the Episcopal Diocese of the Central Gulf Coast to receive CEUs for 6 contact hours.

**Psychologists, SWs, MHCs** and **FMTs** have been approved for 5 contact hour credits by Baptist Hospital #50-183.

Certificates of completion will be available to participants at the end of the conference.

### LEARNING OBJECTIVES:

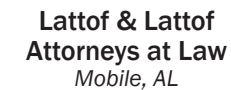
Participants will be able to:

1. Identify personal health issues needing attention.
2. Clearly define personal health goals.
3. Understand the connection between mind, body and spirit to enhance healthy living.

## ABOUT THE DAY

During the health fair, My Healthy Blueprint by Baptist Health Care will be offering basic bloodwork profiles. Participants will be encouraged to complete, in confidence, the Beck Depression Inventory. Representatives from Fitness Master, Good Fit, Essentially Fit and Running Wild will be present to assist with health education. You will receive a complete listing of the event details after you have registered.

### SPONSORS:



Michael C. Parker, DMD



Many thanks to Baptist Health Care for the printing and mailing of this brochure.