



Health & Wellness Ministry

Gifts needed for this position:

Compassion/Healthy Life Style

Description and Responsibilities of the position:

This Group meets Every other month on the 3rd Monday at 7 pm. Health & Wellness' mission is to fulfill the church's health and healing needs by reaching out to and educating parishioners in the coordination of physical, emotional, and spiritual needs. Some of the initiatives H & W are involved in are:

Annual CPR Classes Blood pressure checks at St. Vincent de Paul

Flu shots in the fall

Periodic educational events

Blood Drives 6 times a year.

Time Commitment:

20-30 hours annually.