

Health and Wellness? What's that? And can I take advantage?

You sure can, if you meet the guidelines below. In today's world, it is extremely difficult for those who work in the church to focus on their health and wellness. It is getting harder and harder to be healthy and well while working in the church. In 2009, Thrivent Financial provided Lutheridge†Lutherock Ministries with a grant to assist pastors and others working in the church to live healthier lives.

Lutheridge†Lutherock Ministries has several program offerings that directly promote wellness, both individually and for a family together. LLMI would like to provide you, those who are paid to work in the church more than 15 hours per week, the opportunity to attend one of our programs at a greatly reduced rate to assist you on your wellness journey.

The only requirements to receive this offer are that you are paid to work more than 15 hours per week in a congregation or are a rostered ELCA leader, and that you have never attended the program that you select in the past.

Who can take advantage?

- Employees working 15 or more hours in a church regardless of job or denomination.
- Family members of the clergy/church worker **provided** the clergy/church worker is attending with the family members.
- Clergy/Church Workers who have never been to one of the approved programs before.

What do I need to do next?

- Select a program you wish to attend from the list below.
- For programs with an asterisk beside them, the participant must register by mail or fax and note that you wish to use the Health and Wellness discount. All other programs, participants may register online, selecting the Health and Wellness discount before check out. Our Registration Office will approve and apply your discount and send an invoice to you noting your balance.

Which programs are included?

- *Fishers of Men at Lutherock – April 13-15, 2012
- *Create in Me at Lutheridge – April 13-15, 2012
- Family Camp at Lutheridge – July 1-7, 2012
- Family Servant Adventure at Lutheridge – July 15-21, 2012
- Apple Festival at Lutherock – October 5-7, 2012 (registration will open in May)