Dear

I’d like to invite you to attend an upcoming meeting of the Healthy Community Alliance (HCA) in Jay County. In your role as a church leader, its likely you have an interest in the health and wellbeing of your congregation.

The Healthy Community Alliance is focused on helping people to move more, eat better and not use tobacco.

We do this by helping our Partner organizations use their own "sphere of influence" to encourage their audiences to engage in healthy habits. The HCA has toolkits and other materials that are free to distribute to parishioners, and our HCA workgroups like the one in Jay County bring together Partners for discussions about ways to leverage policies, environmental resources and programs in a customized fashion for each organization.

One of our HCA Church Partners is Holy Trinity Lutheran Church in Muncie. Since joining the HCA in 2016, they have implemented numerous projects and programs to engage parishioners in healthy lifestyle activities as well as extended programming to neighborhood residents. Two congregation members, Linda and Dawn Marie, volunteer to attend HCA workgroup meetings and take ideas back to the church. To help the congregation 'get moving' a walking club was organized and continues to meet weekly. A friendly competition called "Walk to Jerusalem" was organized where participants logged their walking distances while at home and work. The duo created a library of health resource materials, and using donated equipment created a small 'fitness room' in an unused area of the church. Wellness thinking became so prominent that church leaders integrated wellness components into their long-range strategic plan.

Membership in the HCA is free, and Partners choose their own path for the ways they leverage information learned as a Partner and then use their 'sphere of influence' to encourage healthy lifestyles. Because there is a high level of trust within faith based organizations, activities such as those demonstrated by Holy Trinity Lutheran Church can have strong levels of participation and effectiveness over time.

Please join us at an upcoming meeting to learn more! The HCA Jay County Workgroup meets for lunch the 3rd Friday of even-numbered months (except December) from Noon to 1pm at various HCA Partner sites in Jay County. To request an invitation with meeting details, please email John Disher at jdisher1@iuhealth.org or call at 765-747-3915. Additional information is available at www.healthycommunityalliance.org.