

# ABUNDANT HEALTH MINISTRY PLAN

## A 12-month Strategic Approach to Improving Awareness, Wellbeing & Action

### At A Glance:

Across the United Methodist Connection, the Abundant Health network is dedicated to equipping individuals and communities to fulfill the promise of John 10:10. The BWC's Abundant Health Team encourages you to promote and share the gift of abundant life with your congregation and community. This resource provides a multitude of options to help your church explore different areas of health and wellness.

<b>JANUARY</b>  Mental Wellness Month	<b>FEBRUARY</b>  American Heart Month	<b>MARCH</b>  Problem Gambling Awareness Month	<b>APRIL</b>  Stress Awareness Month
<b>MAY</b>  Lupus Awareness Month	<b>JUNE</b>  Men's Health Month	<b>JULY</b>  Minority Mental Health Month	<b>AUGUST</b>  International Overdose Awareness Day
<b>SEPTEMBER</b>  National Recovery Month	<b>OCTOBER</b>  National Domestic Violence Month	<b>NOVEMBER</b>  American Diabetes Month	<b>DECEMBER</b>  Safe Toys & Celebration Month

*"I have come that you might have life and have it more abundantly." – John 10:10*