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.

JANUARY
Mental Wellness Month

FEBRUARY
American Heart Month

MARCH
Problem Gambling Awareness Month

APRIL
Stress Awareness Month

MAY
Lupus Awareness Month

JUNE
Men’s Health Month

JULY
Minority Mental Health Month

AUGUST
International Overdose Awareness Day

SEPTEMBER
National Recovery Month

OCTOBER
National Domestic Violence Month

NOVEMBER
American Diabetes Month

DECEMBER
Safe Toys & Celebration Month

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