Healthy Congregations Survey

Open hearts. Open Minds. Open Doors.
First United Methodist Church of Hays
305 W. 7th Street • Hays, KS 67601 • 785-625-3408

The Healthy Congregations committee in our church, wants input from you, about what you think would be important or helpful to you. There are many programs and tips that the committee can make available, and are requesting your input as to where to start.

Please number from 1 to 4 (1 is low and 4 is critical) **Please fill out and return to front office.**

Physical Health Example: poor food options in the community, Lack of opportunities for physical activity
1 2 3 4
-Beneficial eating, exercising, resting,
-Disease prevention & management education
-Nutrition education
-Personal Health Goals

Spiritual Health Example: Membership, lack of involvement in scheduled activities
1 2 3 4
-Expanding spiritual self through music, art, prayer, service
-Spiritual Care (group services, healing prayer, prayer walk)

Social Health Example: Poor relationships within the congregation, or does not engage in outside events
1 2 3 4
-Marriage & Relationship Education
-Bereavement/card ministries,
-Life planning
-adopt-a-grandparent

Mental Health Example: Lack of available resources, high stress in community.
1 2 3 4
-Learning, reading, writing, teaching
-Stress Management (classes, workshops)
-Parent/Child Education
-Raising awareness of mental health needs.

Comment:_____

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If you would like to help with program or committee for Healthy Congregations, Please Put down Name and occupation, (ex: Teacher, PT, Nursing, DR, PHD, Homemaker etc.)_____