

**FLC HEALTH MINISTRY COMMITTEE MINUTES**  
**June 12, 2013**  
**Heritage Room 5:30 PM**

**Present:** Kalah Erickson, Ruth Hanson, Jack Rydell, Dale and Lu Vitalis, Dianna Woodard

**Guests:** Bill Parker and Bill Williams

Ruth led opening devotion and prayer

**Announcements**

1. Mark Schoepp, Wheatridge Ministries, has reserved November 16,17 for a return engagement @ FLC
2. WELCA would be interested in co-sponsoring events with us
3. 2<sup>nd</sup> Annual Spring Fling/Style show scheduled for April 29<sup>th</sup>, 2014

**Blood Drive June 18<sup>th</sup> 11:30-5:30**

Bill Parker shared his passion for blood donation. He is a driver for UBS and drives across the region delivering and picking up blood. According to Bill, "Giving blood is a Christian act." Our initial goal was 90 donors. So far, less than 20 people have preregistered. Bill has been calling for donors, but needs our help. Dianna and Jack offered to staff the recruitment table this coming Sunday. Ruth will have Magda send out another Constant Contact blast.

**7 Day Clinic proposal:**

Bill Williams, COO of 7 Day Clinic, gave an overview of several wellness programs/screenings that the clinic has been presenting at local businesses. He would be interested in offering free health screenings @ FLC and/or their self-directed weight loss program. His company has been focusing on businesses to help them increase the wellness of their employees. They offer a weight loss program that is a self-intervention program. It is called ABC 123, Strategy for Weight Loss. They also provide screening for their "Know Your numbers" program which include testing of blood sugar, cholesterol, blood pressure, and BMI.

The Know Your Numbers screening takes about 20 minutes. He suggested this could be done on a Sunday morning. After much discussion, the group was interested in pursuing further. They recommended that Ruth approach Pr. Corey to see if he would be interested in trying the program(s) with staff first. Ruth will visit with Pr. Corey and possibly arrange a meeting with him and Bill Williams.

Adjourned meeting with the Lord's Prayer

**Next meeting: August 14th**

Fall event planning will be the priority agenda item.

Respectfully submitted by Ruth Hanson Chairperson

Ruth Hanson, Chairperson