



GMSBC HEALTH & WELLNESS MINISTRY



↳ Mission

Christians coming together with the Community to develop a healthy lifestyle while working together toward spiritual, mental and physical wholeness.

*We Help Each Other To Gain & Maintain **Health** From our **Food & Activities***

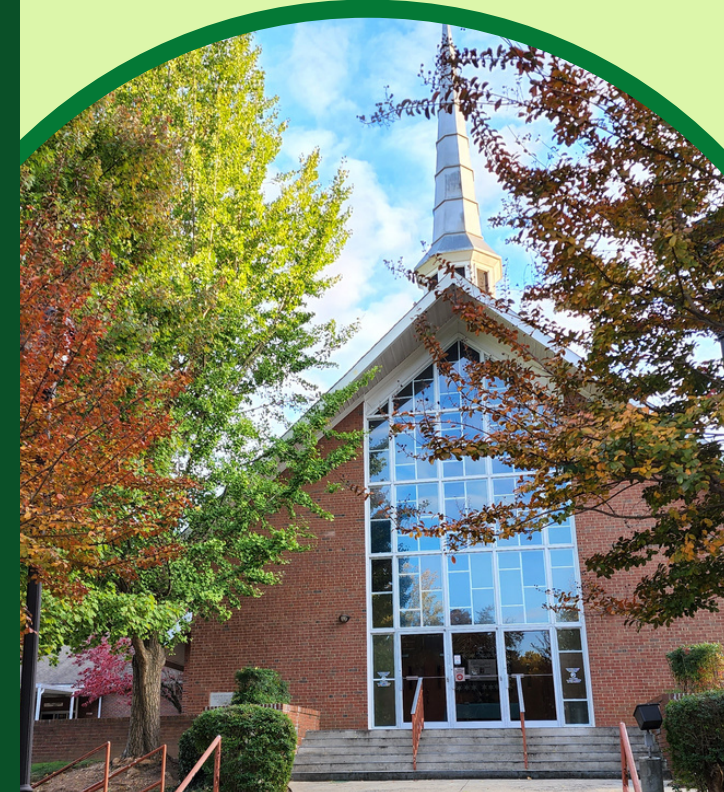


↳ INTERESTED?

Contact the church office and provide your contact information:

Greater Mount Sinai Baptist Church

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SCRIPTURE

1 Corinthians 9:24-27

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.



JOIN OUR TEAM!

We are looking for new members to join the Health and Wellness Ministry to help GMSBC and our community be healthier physically, mentally and spiritually. We would love to have you join us!



ACTIVITIES

- ✓ Annual Fast & Prayer
- ✓ Exercise Classes
- ✓ Line Dancing Classes
- ✓ Exercise Room with Fitness equipment
- ✓ Annual Health & Wellness Fair
- ✓ Pink Sunday
- ✓ Mental Health & Other Seminars
- ✓ Group Walking
- ✓ Participation in Village Heartbeat®

Coming soon ...
Community Garden