



## GoodNEWS Weekend in Salado

September 24 – 26, 2010

\$75 per person/\$150 per church

Deadline for registration is September 1.

First United Methodist Church Salado  
650 Royal Street, Salado, TX 76571; 254/947-5482

Church: \_\_\_\_\_  
(2 persons from each church are recommended)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone #'s: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone #'s: \_\_\_\_\_

Email: \_\_\_\_\_

Make check for \$75 or \$150 payable to:  
The Central Texas Conference.

This includes two lunches. The attendees will pay for  
2 nights lodging and 2 dinners – motel will serve  
breakfast.

Mail check with registration by September 1  
to: GoodNEWS Weekend – The United  
Methodist Center – 464 Bailey Avenue –  
Fort Worth, TX 76107-2153

Questions? Contact Mona Bailey, 817/577-  
0440 or billmona\_1@charter.net

## Conference LHPs

The individuals trained at this weekend will  
be the Conference LHPs (Lay Health  
Promoters). The LHPs will meet with the  
GoodNEWS Training Team every 6 months  
for three years for additional training,  
sharing experiences, and assessing health  
outcomes. This “Research Group” will  
present the results to the annual conference  
at the conclusion of the three years.

## Salado United Methodist Church

### Driving Directions

I-35 to Robertson Road; exit go east (left)  
over the I-35 overpass on Thomas Arnold  
road; go south (right) on Main Street and  
cross the bridge over Salado Creek. Turn  
left on Royal Street to 650 Royal.

## Hotel Accommodations in Salado:

### Best Western

10825 IH35  
Salado, 76571  
254/947-4004-1

Rooms are \$89.99 per night plus  
state and city occupancy tax.  
Ask for Methodist GoodNEWS  
Training block

### Holiday Inn Express

1991 N. Stagecoach Rd.  
Salado, 76571  
254/947-4004

Rooms per night are: \$109.99  
king, \$119.99 two queen, \$129.99  
two queen executive plus state  
and city occupancy tax. Ask for  
Methodist GoodNEWS Training  
block

Hotel reservations should be made  
by August 24th in order to  
insure the quoted rate.

GoodNEWS promotes healthful living in a  
way that allows people to avoid and  
reduce chronic illnesses such as heart disease,  
diabetes, hypertension, asthma, and  
depression.



# GoodNEWS

live life lovingly and healthfully

## WEEKEND

*A Program of Hope, Health,  
and Healing Conducted in  
Communities of Faith*

## September 24-26, 2010

Friday – Sunday

## SALADO

## United Methodist Church

650 Royal Street, Salado 76571

**Dr. Mark J. DeHaven  
Dr. Jenny J. Lee &  
The GoodNEWS  
Training Team**



Sponsored by  
The Central Texas Conference  
Outreach Mission Council  
Health and Wellness Task Force

## Agenda

Friday, September 24

6:00 p.m. Arrival, check-in and registration  
Introductions & Healthy Ice  
Breakers

Saturday, September 25

9:00 a.m. Healthful Living Principles

10:00 Break

10:15 The End of Disease

11:15 Spirituality and Health

12:15 p.m. Lunch

1:00 Nutrition and Health

2:00 Transition to Cooking  
Demonstration

2:15 Cooking Demonstration &  
Smoothies

3:00 Break

3:15 Physical Activity and Health

6:00 Dinner (on your own)

7:00 Health Ministry Development –  
Part 1

Sunday, September 26

10:50 a.m. Worship at Salado UMC

12:00 p.m. Lunch

1:00 Health Ministry Development –  
Part 2

3:00 GoodNEWS Graduation

The GoodNEWS program is designed to provide congregations with the tools they need for healthy living. Lay health promoters (LHPs) from congregations are trained in scientific health principles, health ministry development and how to personally engage in healthful living. Equipped with this information and these tools, LHPs can help their congregations' live more healthfully. The program seeks to promote wellbeing in six areas:

- Physical well being: eating healthy foods and participating in physical activity.
- Spiritual well being: nurturing spiritual life through prayer and faith in God.
- Social well being: being kind and sharing encouraging words with others.
- Intellectual well being: improving knowledge and sharpening the thinking process.
- Mental well being: developing self-esteem and positive emotion.
- Environmental well being: protecting nature or developing a useful community program.

Anyone can do this – clergy or lay. If you would like to improve life for yourself and members of your church, attend this GoodNEWS Weekend.

*It is not possible to achieve wellness or well-being without having intellectual, mental, physical, spiritual, social, and environmental wellness. All of these work together - they are a package deal.*

## Course Directors and Training Team:



Dr. Mark J. DeHaven, Ph.D is Health Institutes of Texas Professor, Professor of Family Medicine, Director of Research Primary Care Research Institute, University of North Texas Health Science Center. He is the Principal Investigator of “The GoodNEWS Trial” sponsored by the NIH, for determining the effects of healthy lifestyle changes on reducing the risk of cardiovascular disease.



Dr. Jenny L. Lee, Ph.D., MPH is Assistant Professor of Health Sciences, Georgia State University, and Co-Investigator of “The GoodNEWS Trial.” Dr. Lee is an expert in lifestyle management and understanding how the way individuals live affects their wellbeing physically, mentally, intellectually, environmentally, socially, and spiritually. She is the founder of the GoodNEWS approach to wellbeing and a Certified Health Education Specialist.

Natalie Hsieh, M.A. is the GoodNEWS program coordinator and has a background in psychology with an emphasis on healthy living.

J.R. Newton, R.N is a congregational nurse with 20 years experience in congregational nursing and community health ministry.

Tikisa Walker, M.A. is a health educator specializing in health promotion in the congregation, and the GoodNEWS program education coordinator.