

EMORY GROVE UMC HEALTH MINISTRY NEWSLETTER

Emory Grove United Methodist Church
8200 Emory Grove Road, Gaithersburg, MD 20877
301.963.3434 | egumc.office@gmail.com
Rev. Timothy B. Warner

What's inside this issue:

February is American Heart
Month

Heart to Heart Community
Project

8 Weeks to Optimal
Wellness

HEART HEALTH AWARENESS

American Heart Association.



February is American Heart Month. This awareness month was established by the Center for Disease Control and Prevention (CDC) to educate the public about heart disease and stroke. The American Heart Association (AHA) promotes healthier lives during the month of February and resources for millions of people for a common goal: to eradicate heart disease and stroke.



Take charge of your heart health.

Take small steps to prevent heart
disease and stroke.

millionhearts.hhs.gov/livetothebeat

Black adults experience the highest burden of cardiovascular disease, which is why high blood pressure management and control is important—now more than ever.

Although cardiovascular disease (#CVD) death rates have increased across all demographic groups, Black populations continue to be disproportionately affected.

1 in every 3 deaths in the United States is related to cardiovascular disease.

What Can you do to manage your heart health?

- Move More - Find simple ways to become more active during the day
- Eat Healthy - Cut back on sodium (salt), Choose healthy fats, Skip the sugar, Eat more fiber
- Control your blood pressure - Check your blood pressure (doctors' office, home, local pharmacy), exercise, healthy diet
- Manage your cholesterol - HDL - "Healthy" and you want it "Higher"; LDL - "Lousy" and you want it "Lower"; Get it checked
- Manage blood sugar - Diabetes raises your risk for high blood pressure and high cholesterol.
- Work with a doctor. Get the care you need. Find someone you trust and understands your needs.
- Stress Less - Learn ways to cope with long-term stress. Notice what causes your stress, name it, then mindfully process through it.
- Quit smoking - Pick a day. Get the support you need.

HEART TO HEART COMMUNITY PROJECT

The Historic Emory Grove Rotary Club offers the Heart to Heart Community Project, made possible with a grant from the Black Physicians and Healthcare Network. It is a program designed to address the health disparities prevalent in our community. The goal is to reduce the effects of hypertension and heart disease in the Black Community of Montgomery County, MD. Heart disease, high blood pressure, high cholesterol, diabetes all heavily impact the Black community. These are NOT ancestral conditions. We do not have the desire to carry these burdens, nor pass them on to our future generations. Let's get on track and change the trajectory of our health.

Register to be a part of the three month program. You will receive a Care Kit that includes:

- Blood pressure cuff
- Pedometer
- Pill Case
- Tons of information to expand your knowledge and guide you on your journey to better heart health.
- Three webinars: March 9, April 13, May 11 - 7:00 PM
- Pre and Post surveys to capture your progress
- Access to a network of Black physicians to meet your culturally specific needs

8 WEEKS TO OPTIMAL WELLNESS

BeGause of Love Health and Wellness has been awarded a grant, by BPHN, to provide wellness programs to the Black Community in Montgomery County, MD. The unique program designed for the Black woman addresses lack of energy/chronic fatigue, weight loss/gain, chronic illness (major and minor), and even the desire to be less dependent on pharmaceutical interventions. You will draw from your body's own resources for healing.

You will be supported by an Integrative Health team of Black female practitioners who understand your specific cultural needs. Spend some time with a group of like-minded women to set attainable goals and an action plan to meet them.

You will be lovingly guided through the eight-week integrative health program, designed to improve health, wellness, and healing potential through step-by-step changes in eating, exercising, breathing, and the use of your mind.

See Sis Yvette Gause for more information.
sygause@gmail.com | 240-367-0506

HEART TO HEART *Community Project*

**High Blood Pressure?
Heart Disease?**

**Break the cycle of
these conditions in
your family!**



Join us for a 3-Month Project

- Free Care Kit
- Educational Materials
- Webinars
- Demonstrations
- Healthy cooking
- Heart Health exercises

Register Here: bit.ly/3xxqTBs

For more information, please see Sis Carolyn Taylor or Sis Yvette Gause.

Click here to register: bit.ly/3xxqTBs



Please register to participate:

https://8WeeksToOptimalWellness_Cohort2.eventbrite.com

Private Facebook Group

- Starts March 5, 2023
- Information shared on a daily basis
- Feedback from practitioners and other participants

Live Sessions

Every Wednesday night 6:30 PM - 8:00 PM

3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/19, 4/26

Upper County Community Center

8201 Emory Grove Rd, Gaithersburg, MD 20877

- Workshop and Demonstrations from Integrative Health Practitioners

Weekly Incentives

- Products to help you integrate and maintain healthy lifestyle practices

Weekly Grand Prize

- Experience services provided by the Integrative Health Team