

Tuckston United Methodist Church

Health & Wellness Ministry Survey

The Health & Wellness Ministry is an intentional ministry focused on the whole person health – mind, body and spirit. Health Ministry activities help the members of the congregation and community to live up to the potential given to them by God. By completing the survey below, you will assist our church in taking steps toward the spiritual growth and personal wellness for all.

Place an X in the box of the most appropriate answer. Thank you for your feedback!

Age: 13-17 18-22 23-29 30-39 40-49 50-59 60-69 70+ **Gender:** Male Female

Marital Status: Single Married Divorced Widowed **Number/Age of Children at home:** _____

Place a check beside the items you would be interested in learning more about:

Health Promotion:

- CPR Certification
- Standard First Aid
- Other Screenings
- Vision/Hearing Screening
- Substance/Alcohol Abuse
- Home Safety

Coping with Illness:

- Coping with Cancer
- Living with Chronic Disease
- Grief Issues
- Hospice/End of Life

Disease Management:

- Diabetes
- Osteoporosis
- Heart Disease/Stroke
- Arthritis
- Alzheimer's disease

Family Issues:

- Parenting Classes
- Single Parenting
- Marriage Enrichment/Communication
- Domestic Violence
- Divorce Recovery
- Making Christmas Simpler

Sexuality:

- Education
- Health
- Pregnancy

Healthy Hearts:

- Blood Pressure Screening
- Cholesterol
- Nutrition/Weight Control
- Exercise Classes
- Stop Smoking Clinic

Wellness Issues:

- Stress Management
- Depression, Anxiety Issues
- Women's Health
- Men's Health
- Care of the Aged
- Your Medicine Cabinet
- Living Wills/Advanced Directives
- Long Term Care
- Managing Insurance

Children's Health:

- First Aid for Children
- Home Alone Awareness
- Baby-Sitting Clinic/CPR

Teen's Health:

- Conflict/Communication
- Peer Pressure
- Pregnancy/Disease
- Sex Education

Other Areas of Interest:

- _____

Thank you for completing the survey!

“But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.” Isaiah 53:5