

## *Hearts & Hands Ministry*

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The purpose of the Hearts & Hands Health Ministry of St. Barbara's Church is to extend our hearts and hands to our faith community in a professional and personal manner which will promote holistic wellness within the parishioners and the parish.

By sharing our time and talents this ministry will bring an appreciation and understanding of how body, mind and spirit make up the whole person and how they are linked to spiritual growth and well-being.

The goal of this ministry is to share information, bring awareness to the church and eliminate the barriers that often stand between parishioners and good health.

Thank you for taking the time to learn about the Hearts & Hands Health Ministry. Hope to see you at the gatherings soon. We have monthly meetings you are to attend. We meet the first Thursday of odd months.

*We would love to have you be part of this ministry!*



### Services we provide:

**Health Screenings:** monthly blood pressure screenings, annual flu shots, annual blood drive

**Transportation:** for parishioners who need to go to medical appointments, visit family members in the hospital and church functions

**Health Education & Promotion**

**Greeting Cards** to parishioners

**Overseas Care Packages**

**Meals:** help is always needed for this

**Elizabeth Ministry:** support women during pregnancy, childbirth, adoption or loss of a child

