Depression. One in three patients seen by an internal medicine physician in an outpatient clinic is depressed. Obesity, defined as being 30 percent above ideal body weight, is a growing epidemic in America. The number of obese adult Americans increased more than 50 percent between 1980 and 2000, according to a Center for Disease Control and Prevention study. The increase of overweight young people has been even more dramatic.

“You can’t tell people about salvation and Jesus Christ until you address their practical needs,” states DeWitt Williams, EdD, director of Health Ministries for the North American Division.

“That’s why we have trained and certified more than 5,000 members for community health outreach. We lift up Jesus in health by learning how to care for our bodies,” says Williams. “There is a need for ministering to those who are not aware of the advantages of good health. We’ve had four national Health Summit training sessions with the Inter-American Division and had the second Health Summit West this year. Jesus did more healing than He did preaching. Health evangelism prepares the soil for the seeds of truth.”

More than twenty in-depth workshops teach our members to do community health outreach including hydrotherapy, Vegetarian Food Instructors, forgiveness, Regeneration (addiction ministry), Breathe Free Smoking Cessation, Lifelong Weight Management, Financial Freedom, grief recovery, diabetes, depression, puppets, stress management, and Eight Weeks to Wellness.

We invite you to this special event.
The Union City Spanish Seventh-day Adventist Church in New Jersey has an ongoing program called “A Healthy and Active Life.” Approximately 20 people meet every other Sunday morning in the multi-purpose room of the church to receive free nutritional instruction and exercise classes in Spanish.

Participants range in ages from 4 to 70 years. Each participant is measured to receive his/her BMI and is encouraged to keep a healthy weight, eat healthfully, and practice exercise at least three times a week to combat the epidemics of obesity.

Dr. Peter Landless, Executive Director of ICPA, is also the Associate Director of the Health Ministries Department at the Seventh-day Adventist World Headquarters in Silver Spring, Maryland.
Dear HealthWorks Reader:

WITH THIS ISSUE you will find a copy of our beautiful brochure announcing our Fifth Health Summit in Orlando, Florida, January 29 through February 4, 2006. Please read it carefully. You will see that we have planned a wonderful health certification week again. As in years past, both the North American and Inter-American Divisions are sponsors. We have wonderful new courses along with tested and tried older ones. Our Summit will be held in the same Hilton hotel and we look forward to seeing you there. It should be the best year yet!

This year Florida Hospital is also one of our sponsors and, each morning and evening through the devotionals, they will teach us how to combine health and evangelism and how to reach the secular mind. On Wednesday evening they will take us to Celebration City for a special program with Dr. John Harvey Kellogg. Listen to a few quotes from Ellen White: “The gospel of health is to be firmly linked with the ministry of the word. It is the Lord’s design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message.” (Medical Missionary page 259)

We are providing a wonderful opportunity for our members to be trained and get involved in health evangelism. I’m getting excited already! It is true that the courses, the hotel, transportation, and manuals will be expensive but if each attendee can lead one soul to Christ with the knowledge gleaned from these courses, it does not cost too much. Many churches and conferences are helping with the expenses. Check with yours!

This year we are trying something new. We are investing our advertising dollars in previous attendees and word of mouth. We will give $50 to any previous attendee who brings a new participant. If you have never attended and know someone who has come before you can help that person out by registering with them.

This mailing contains a form for a previous attendee to write the name(s) and phone number(s) of the new individuals that will register for the Summit. So, you can see if a previous attendee brings five new people, his/her registration is FREE (for early bird). Five x $50 = $250! Fax (301-680-6734) or mail your sheet to: NAD Health Ministries, Seventh-day Adventist World Headquarters, 12501 Old Columbia Pike, Silver Spring, MD 20904-6600, before January 25, 2006 to take advantage of this special offer. Please bring a photo copy of the sheet with you to the summit for extra precaution. When you and your Orlando Health Summit friends are registered and confirmed at the summit, then claim your $50 per person gift. This offer is invalid without the completed form being sent to the Health Ministries office before January 25. This can include your spouse if your spouse has never attended before. It would be wonderful to invite your pastor to come. Please make a special effort to get him to attend.

I am looking forward to seeing you in Orlando (with your invited guests)! Keep the Summit in your prayers.

DeWitt S. Williams, EdD MPH CHES
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September-October 2005   page 3 of 4
Write the name(s) and phone number(s) of the new individuals that will register for the Summit. Fax or mail this page to the North American Health Ministries Department, bring a copy with you to the Summit, and claim your $50.00 per new registrant. (New means someone who has never attended a Florida Health Summit.) Fax this form to 301-680-6734 or mail it to North American Division Health Ministries Department, 12501 Old Columbia Pike, Silver Spring MD 20904-6600 before January 25, 2006.

Your Name: ____________________________ phone: ________________

Name: ________________________________
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