



What is a health ministry? Health ministry is the specific component of the Church whose activities are intended to promote the health, healing, and wholeness of individuals, families, congregations, and communities. Some health ministries are parish nursing programs. Some health ministries involve a variety of volunteer health professionals. At Assumption, we welcome all who are called to serve.

Our committee:

- plans several informational programs each year (Since 2013- Back Pain Discussion, Pediatric Panel, introduction to Holy Yoga, the First Health Fair, seminars on Mental Illness, Sleep Disorders, Skin Health) Watch for 2015 Health Fair in June!
- sponsors 2 flu clinics per year (watch for September and October dates)
- raises funds to support health outreach in Kenyan missions run by our parishioners the Calas and Jablonskis. (2012 Valentines for Kenya, 2013 Mother's Day drive) and watch for Mother's Day 2015 !
- coordinates with the American Red Cross on donor drives,
- stocks the 7 First Aid Kits used by first responders on church property,
- promotes programming in other parishes (St. Joseph's and St. John's) and community health organizations (Chronic Pain Association) through our bulletin announcements.
- provides bulletin articles promoting important, up-to-date health information.
- is currently working in conjunction with the Pines of Perinton, URMC Dental Outreach, and seeking grant funds from local foundation sources to help support dental screenings.

We meet on the 2nd Monday of the month at 7 PM in the Living Room for about 1 hour.

Contacts: Julie Overbeck 223 8963 (jaodancer@rochester.rr.com)
 Annette Indovina 223 4989 (sindovin@rochester.rr.com)