

The Temple INITIATIVE



Attn: All Cleveland County Churches

Dear Prospective Church,

Congratulations! This letter is here to inform you that your church is being invited to participate in The Temple Initiative, a program of The Cleveland County Health Department. The Temple Initiative seeks to provide churches with information and the necessary tools to be proactive about Cardiovascular disease prevention and how to better care for the physical health of the congregation.

Currently, 18 churches in Cleveland County have received health promotion team training, with 9 more to be completed by June. These teams focus on cardiovascular and obesity prevention by creating environmental and policy changes that promote healthy behaviors within the church. Examples of such changes are serving heart-healthy church meals, forming exercise groups, and promoting health to various church ministries. The primary focus will be in two areas; healthy eating and increased physical activity.

One of the best features of this program is that it is **free** to you. If you decide to participate in this faith-based initiative, and in addition gain awareness of cardiovascular disease prevention, please contact me at 704-669-3139 or henry.earle@clevelandcounty.com and we can discuss how I can be of assistance to you in furthering your God-given potential by taking better care of yourselves physically. I look forward to hearing from you and working with you.

Sincerely,

Henry Earle, MDiv.
Coordinator, The Temple Initiative
Cleveland County Health Department

