

## FINANCIAL INVESTMENT

It costs £600 for 2-4 volunteers to take part in a 3-day training course. The fee includes all manuals and resource packs. There is then a license fee of £300 per year.



## HUMAN RESOURCES

Between 2-3 volunteers will be required to run the programme. They don't need any specific clinical knowledge or expertise, but it would suit people with a passion to inspire healthy communities.



## PHYSICAL RESOURCES

You will need a space to hold the sessions, equipped with chairs, a TV or projector, and means to serve refreshments.



## ACTIVITIES

The 10-session, easy-to-follow programme includes interactive presentations and activities to help participants understand how to lead a healthier lifestyle.



## COMMUNITY SUPPORT

Intentional Health will help churches to connect with local GP surgeries, family centres and practice managers to promote the programme.



## PROJECT SUPPORT

A 3-day training course is provided by Intentional Health. Each church also receives a complete manual and guidance as required. Intentional Health also provides access to monthly devotionals and an online forum.



## BUILDING SAFER, STRONGER COMMUNITIES



Intentional Health enables local churches to inspire healthy communities by supporting the wellbeing of individuals in their community.

## NEXT STEP:

To start an intentional health project, visit [www.intentionalhealth.uk](http://www.intentionalhealth.uk)

## TIME FRAMES

The 10-week course can be delivered the term after the 3-day training course has been completed. On average, it takes 4-5 hours each week to run the programme.



## TESTIMONY

"Intense, stretching, rewarding, challenging, helpful, stimulating (and never boring). What I hoped for, but even better." Intentional Health church partner.



"This isn't a slimming club, fitness class or a counselling session – although all these issues are covered, it is a course designed to encourage us to be intentional about our health and wellbeing."

**Intentional Health advocate.**