



Healthy Clergy, Congregations, & Communities

OUR MISSION

The mission of Cornerstone **Healthy Clergy, Congregations and Communities** (Cornerstone-BCH3C) is working towards a Healthier Community; to facilitate a process of collaborating the faith community with community agencies; to provide services that will combat negative barriers and conditions that lead to harmful health, fitness and wellness of the citizens living in Beaufort County, Eastern North Carolina; to assist by providing positive information, resources, training, and opportunities that will promote and improve the health and wellness of people for a better quality and increased quantity of life.

OUR FOCUS

Is to address negative barriers and issues of clergy and congregation who suffer with conditions that lead to obesity, hypertension, mental illness, diabetes and depression.

Form partnerships with clergy, congregations and the health community to address barriers that restrict positive information, resources and training that will help aid in more healthier, individuals and community.

BCH3C Community Partners:

- ECU Health Beaufort Hospital
- Beaufort County Health Department
- Agape Community Health Center
- Local Pastor Representative
- Beaufort County Community College Beau-Fit Program
- ECU Health Behavioral Health
- ECU Health Beaufort Wellness Center

Cornerstone Community Based Programs

Beaufort County Healthy Clergy, Congregations & Communities



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Better Health & Wholeness

Healthier Clergy

Strategy: Cornerstone-BCH3C will lead a cohort of 20 clergy (pastors) to take a more active role to improve their personal wellness and fitness health.

Action Plans:

- Meet with clergy individually or in small groups to provide information and explain the programs mission, goals and strategies. Perspective participants will be given a general overview of BCH3C program goals as they relate to the health, wellness and fitness of clergy, their congregation and the community at large.
- Assist participating clergy to focus on ways to improved their personal health, wellness and fitness, through initiatives designed to address negative health barriers. Replacing them with positive reinforcements that will lead to increased personal physical and mental health. Participating clergy will embark on a journey to better health and wholeness.

Healthier Congregations

Strategy: Cornerstone-BCH3C and its community partners will assist congregations by providing information, resources trainings and screening to address negative barriers to health wellness and fitness of members from participating congregations individually and corporally. by offering opportunities to become healthier.

Action Plans:

- Meet with participating Pastors and Lay Health Leader to provide and explain the programs mission and goals.
- Assist and resource participating congregations on various way to promote wellness to the congregation. This includes developing wellness/fitness policies and guidelines for the congregations fellowship functions and activities.
- Assist in organizing participating congregation in health efforts at the church by hosting health and wellness fairs, health screenings, and health educational trainings.

Healthier Community

Strategy: Cornerstone-BCH3C will work to facilitate a process that will assist pastors, and members of their congregations to better collaborate with agencies and organizations on wellness and fitness initiatives by attending meetings, serving on committees/boards, hosting wellness fairs in their facilities that will foster a healthier community.

Action Plans:

- Foster Collaborations between faith leaders, congregations and community health agencies to address and replace barriers that restrict positive information, resources and initiatives about health, wellness and fitness that are available to the community.
- Increase clergy participation serving on committee and boards of various agencies and organization who focuses on health related issues.
- Increase congregation involvement with community health, wellness and fitness agencies by hosting health screening and health fairs at church facilities.
- Conduct monthly, quarterly trainings, seminars and workshop that will provide individuals with information and resources on how to better take care of their health.

*Wellness & Fitness Initiatives
to Better the Community*

