

Fall Kick-Off for Healthy Harvest at First Christian Methodist Episcopal Church



On Saturday October 16th, 2010 Healthy Harvest hosted a fall kick-off event at First Christian Methodist Evangelistic to promote the Healthy Harvest project and encourage further community involvement. The kick-off event included garden tours, information on gardening from Gardeners in Community Development, and information on the Healthy Harvest project and status at all collaborating sites.



Pictured, First CME gardens and participating church members attending the Fall Kick-Off.



GoodNEWS Team Participates in Kwanzaa Fest

The GoodNEWS Program, which can be described as “A Program of Hope, Health, and Healing Conducted in Communities of Faith”, continues to do great work in the community. For 20 years Kwanzaa Fest has



Pictured above is Lesley Bonner, far left and Leilani Ogan, far right, Fair Park area of Dallas during the month of December providing a way for local residents to celebrate the holiday as well as obtain access to resources from the city of Dallas. GoodNEWS Staff as well as lay health promoters from the participating churches, volunteered in an innovative portion of this traditional fest called “Health Fest” along with many other valuable health vendors.

Discussing the GoodNEWS **six dimensions of health: physical, mental, intellectual, spiritual, social, and environmental well-being** with the attendees illustrated how the GoodNEWS lifestyle enhancement program tackles the goal of improving a person’s quality of life. The team was also able to communicate the objectives of GoodNEWS by promoting individual and congregational health. The team and Lay Health Promoters facilitated games that tested attendees’ health knowledge as well as their ability to perform physical tasks such as push-ups, jumping jacks, and more. Visitors to the booth were also provided with an opportunity to sign up to receive more information about how their congregations/organizations could get involved with GoodNEWS. GoodNEWS has been and continues to be a vital resource for the southern sector of Dallas, TX and continues to increase its’ reach into Dallas by promoting loving and healthful lifestyles.