

- Fulton County InterFaith Network Collaborate for Healthy Weight
 - Wednesday, July 17th 2:45 PM
 - Atlanta Zen Soto Center | 1167 C/D Zonolite Place | Atlanta, GA 30306

- Introductions
 - Nazeera Dawood
 - Ebony Caldwell
 - Pam Buckmaster
 - Lee Lambert
 - Don Rubin
 - Deanna Jacobson
 - Michael Elliston
 - Patricia Smith
 - Richard Kuegeman-Executive Director, Eating Disorders Information Network (EDIN)
 - Yuesen Yuen- Community Resource Group/Atlanta Zen Soto Center

- Aim Statement Development
 - We must determine what the faith community wants
 - Could be designed as goals/objs
 - Possible Aim: Hold learning sessions with in Faith Communities

- Michael leading and different reps from each community
create opportunity for congregation engagement
- *Possible Template and guide attached
- Inspiration/Purpose Brainstorm
 - What do you think about when you think of our
project/initiative?
 - Effect or establish policies for a healthier
environment/congregation
 - Understanding
 - Sustainable change which could be PSE
 - Sustainable change in orientation and behavior
 - Paying it forward
 - Optimizing health
 - Creating a “we” around health; sense of belonging,
connectivity
 - To help individuals in organization to draw on spiritual
assets to improve health
 - Combining talents and resources
 - Interfaith collaborative and sharing
 - A diversified approach

- United in good health
- A measurable result
- Offering something to faith based organizations to offer to congregation to increase health/size of congregation
- More emotional vs intellectual
- Enhance/expand
- Overcoming obstacle/resistance
- Organized effort
- Obesity is crazy
- Chronic disease
- Helping them understand, bringing into the alignment their spiritual effort and physical effort.
- Bringing body into line that your body is a temple
- Mind, body, spirit
- NEGATIVE WORDS/ASSOCIATIONS

- | | |
|---------------|----------------|
| ○ Obesity | ○ Unhealthy |
| ○ Fat | ○ Ignorant |
| ○ Complicated | ○ Poverty |
| ○ Complex | ○ Useless |
| ○ Gluttony | ○ Losing focus |

- Convenient
- Imbalanced
- Doesn't apply to me
- Waste of time
- Not my problem
- Denial
- Apathy
- Big-boned
- Stigma
- "already fit"
- "don't have time"
- Living in past
- Comfortable with self
- Stubborn
- I'm always right
- expensive

- POSITIVE WORDS/ASSOCIATIONS

- Embracing health
- Empowering
- Embracing
- Good
- Aligned
- Collaboration
- Inclusive
- Faith
- Balanced
- Multi-faceted
- Endorphins
- Cheap
- Sustainable
- Affordable
- Powerful
- Togetherness
- Irreplaceable (can't trade health for anything else)
- Life = precious
- Vital
- Important
- Vitality
- Beautiful

- Committed
 - Fellowship
 - Social connection
 - Purpose
 - Belonging
 - Feel good
 - Responsibility
 - “Always a place at the table”
- Meditation Session-Michael
 - Action Steps
 - Get with gate-keepers=key person focus
 - Determine which vehicle is best to enter the community
 - Asset based thinking: connecting with vehicles already in place
(Wellness Ministry)
 - Everything must be sustainable
 - Show something works (measurable)